

Primary Emotion	Low Intensity (Tertiary)	Medium Intensity (Secondary)	High Intensity (Primary/Core)	Combined Emotions (Secondary/Tertiary)
Joy	Serenity, Pleasure, Cheerfulness	Happiness, Glee, Euphoria	Ecstasy	Optimism: Joy + Anticipation Love: Joy + Trust Delight: Joy + Surprise
Trust	Acceptance, Interest, Liking	Calmness, Familiarity	Admiration	Submission: Trust + Fear Love: Trust + Joy Friendliness: Trust + Joy
Fear	Apprehension, Anxiety, Hesitation	Worry, Nervousness	Terror	Awe: Fear + Surprise Submission: Fear + Trust Dread: Fear + Anticipation
Surprise	Distraction, Startle, Astonishment	Confusion, Wonder	Amazement	Awe: Surprise + Fear Disappointment: Surprise + Sadness Interest: Surprise + Anticipation
Sadness	Pensiveness, Gloominess, Grief	Depression, Loneliness	Sorrow	Disappointment: Sadness + Surprise Remorse: Sadness + Disgust Despair: Sadness + Surprise
Disgust	Boredom, Annoyance, Dislike	Revulsion, Aversion	Loathing	Contempt: Disgust + Anger Remorse: Disgust + Sadness Aversion: Disgust + Fear
Anger	Annoyance, Irritation, Exasperation	Frustration, Resentment	Rage	Contempt: Anger + Disgust Aggressiveness: Anger + Anticipation Jealousy: Anger + Sadness
Anticipation	Interest, Expectation, Alertness	Eagerness, Vigilance	Aggressiveness	Aggressiveness: Anticipation + Anger Optimism: Anticipation + Joy Anxiety: Anticipation + Fear

Complete Plutchik Emotion Wheel Database with Scoring System					
Core Structure (8 Primary Emotions)					
Primary Emotion	Opposite	Physiological Response	Core Color	Intensity Scale (1-10)	
Joy	Sadness	Connect vs Withdraw	Yellow	5	
Trust	Disgust	Embrace vs Reject	Green	5	
Fear	Anger	Get small/hide vs Get big/loud	Purple	5	
Surprise	Anticipation	Jump back vs Examine closely	Light Blue	5	
Sadness	Joy	Withdraw vs Connect	Blue	5	
Disgust	Trust	Reject vs Embrace	Purple	5	
Anger	Fear	Get big/loud vs Get small/hide	Red	5	
Anticipation	Surprise	Examine closely vs Jump back	Orange	5	
Complete Emotion Database with Connections					
Joy Family (Yellow Slice)					
Intensity Level	Emotion	Intensity Score	Color Shade	Related Emotions	Combined Emotions
Tertiary (Low)	Serenity		2 Light Yellow	Peaceful, Calm	
Tertiary (Low)	Pleasure		3 Light Yellow	Content, Satisfied	
Tertiary (Low)	Cheerfulness		3 Light Yellow	Upbeat, Lively	
Secondary (Med)	Happiness		5 Yellow	Joyful, Pleased	
Secondary (Med)	Glee		6 Yellow	Thrilled, Exhilarated	
Secondary (Med)	Euphoria		7 Medium Yellow	Ecstatic, Blissful	
Primary (High)	Joy		8 Yellow	Core emotion	
Primary (High)	Ecstasy		10 Dark Yellow	Peak joy experience	
Joy Combinations:					
Joy + Trust = Love					
Joy + Anticipation = Optimism					
Joy + Surprise = Delight					
Trust Family (Green Slice)					
Intensity Level	Emotion	Intensity Score	Color Shade	Related Emotions	Combined Emotions
Tertiary (Low)	Acceptance		2 Light Green	Comfortable, Secure	
Tertiary (Low)	Interest		3 Light Green	Curious, Attentive	
Tertiary (Low)	Liking		3 Light Green	Affectionate, Connected	
Secondary (Med)	Calmness		4 Green	Serene, Peaceful	
Secondary (Med)	Familiarity		5 Green	Safe, Assured	
Primary (High)	Trust		6 Green	Core emotion	
Primary (High)	Admiration		8 Dark Green	Respected, Confident	
Trust Combinations:					
Trust + Joy = Love					
Trust + Fear = Submission					
Trust + Anticipation = Friendliness					
Fear Family (Purple Slice)					
Intensity Level	Emotion	Intensity Score	Color Shade	Related Emotions	Combined Emotions
Tertiary (Low)	Apprehension		3 Light Purple	Cautious, Uneasy	
Tertiary (Low)	Anxiety		4 Light Purple	Nervous, Worried	
Tertiary (Low)	Hesitation		3 Light Purple	Uncertain, Tentative	
Secondary (Med)	Worry		5 Purple	Distressed, Tense	
Secondary (Med)	Nervousness		6 Purple	Stressed, Alarmed	
Primary (High)	Fear		7 Purple	Core emotion	
Primary (High)	Terror		10 Dark Purple	Horrified, Petrified	
Fear Combinations:					
Fear + Surprise = Awe					

Fear + Trust = Submission					
Fear + Anticipation = Dread					
Surprise Family (Light Blue Slice)					
Intensity Level	Emotion	Intensity Score	Color Shade	Related Emotions	Combined Emotions
Tertiary (Low)	Distraction		2 Very Light Blue	Confused, Baffled	
Tertiary (Low)	Startle		4 Light Blue	Taken aback, Stunned	
Tertiary (Low)	Astonishment		5 Light Blue	Bewildered, Intrigued	
Secondary (Med)	Confusion		5 Light Blue	Puzzled, Uncertain	
Secondary (Med)	Wonder		6 Light Blue	Curious, Delighted	
Primary (High)	Surprise		7 Light Blue	Core emotion	
Primary (High)	Amazement		9 Medium Blue	Awe-struck, Shocked	
<b>Surprise Combinations:</b>					
Surprise + Fear = Awe					
Surprise + Sadness = Disappointment					
Surprise + Anticipation = Interest					
Sadness Family (Blue Slice)					
Intensity Level	Emotion	Intensity Score	Color Shade	Related Emotions	Combined Emotions
Tertiary (Low)	Pensiveness		3 Light Blue	Reflective, Withdrawn	
Tertiary (Low)	Gloominess		4 Light Blue	Melancholy, Unhappy	
Tertiary (Low)	Grief		6 Medium Blue	Hurt, Regretful	
Secondary (Med)	Depression		6 Blue	Disappointed, Alone	
Secondary (Med)	Loneliness		5 Blue	Isolated, Disheartened	
Primary (High)	Sadness		7 Blue	Core emotion	
Primary (High)	Sorrow		9 Dark Blue	Devastated, Heartbroken	
<b>Sadness Combinations:</b>					
Sadness + Surprise = Disappointment					
Sadness + Disgust = Remorse					
Sadness + Anger = Jealousy					
Disgust Family (Dark Purple Slice)					
Intensity Level	Emotion	Intensity Score	Color Shade	Related Emotions	Combined Emotions
Tertiary (Low)	Boredom		2 Light Purple	Disinterested, Indifferent	
Tertiary (Low)	Annoyance		4 Light Purple	Displeased, Offended	
Tertiary (Low)	Dislike		3 Light Purple	Disapproving, Judgmental	
Secondary (Med)	Revulsion		6 Purple	Nauseated, Repulsed	
Secondary (Med)	Aversion		5 Purple	Sickened, Appalled	
Primary (High)	Disgust		7 Purple	Core emotion	
Primary (High)	Loathing		10 Dark Purple	Contemptuous, Defiant	
<b>Disgust Combinations:</b>					
Disgust + Anger = Contempt					
Disgust + Sadness = Remorse					
Disgust + Fear = Aversion					
Anger Family (Red Slice)					
Intensity Level	Emotion	Intensity Score	Color Shade	Related Emotions	Combined Emotions
Tertiary (Low)	Annoyance		3 Light Red	Irritated, Bothered	
Tertiary (Low)	Irritation		4 Light Red	Aggravated, Provoked	
Tertiary (Low)	Exasperation		5 Light Red	Frustrated, Stern	
Secondary (Med)	Frustration		6 Red	Hostile, Resentful	
Secondary (Med)	Resentment		7 Red	Bitter, Insulted	
Primary (High)	Anger		8 Red	Core emotion	
Primary (High)	Rage		10 Dark Red	Furious, Hateful, Vengeful	

<b>Anger Combinations:</b>					
Anger + Disgust = Contempt					
Anger + Anticipation = Aggressiveness					
Anger + Sadness = Jealousy					
Anticipation Family (Orange Slice)					
Intensity Level	Emotion	Intensity Score	Color Shade	Related Emotions	Combined Emotions
Tertiary (Low)	Interest		3 Light Orange	Curious, Attentive	
Tertiary (Low)	Expectation		4 Light Orange	Hopeful, Focused	
Tertiary (Low)	Alertness		4 Light Orange	Vigilant, Driven	
Secondary (Med)	Eagerness		6 Orange	Keen, Motivated	
Secondary (Med)	Vigilance		6 Orange	Watchful, Inspired	
Primary (High)	Anticipation		7 Orange	Core emotion	
Primary (High)	Aggressiveness		9 Dark Orange	Intensely focused, Determined	
<b>Anticipation Combinations:</b>					
Anticipation + Joy = Optimism					
Anticipation + Anger = Aggressiveness					
Anticipation + Fear = Anxiety					
<b>Comprehensive Scoring System</b>					
Base Intensity Scoring (1-10 Scale)					
Tertiary (Low): 1-4 points					
Secondary (Medium): 5-7 points					
Primary (High): 8-10 points					
Combination Emotion Scoring					
Simple Combination: Base emotion average + 1 point					
Complex Combination: Base emotion average + 2 points					
Opposite Combination: Creates neutral state (5 points)					
<b>Polar Opposite Relationships</b>					
Emotion Pair	Relationship Score	Effect			
Joy ↔ Sadness	0 (cancels out)	Neutral/Balanced			
Trust ↔ Disgust	0 (cancels out)	Conflicted			
Fear ↔ Anger	0 (cancels out)	Paralyzed/Reactive			
Surprise ↔ Anticipation	0 (cancels out)	Present moment			
<b>Application Scoring Formula</b>					
<b>Total Emotion Score = <math>\Sigma</math>(Individual Emotion Intensities) + Combination Bonuses - Opposite Penalties</b>					
Usage Notes for App Development					
Intensity tracking: Users select emotions, app calculates intensity based on specific terms chosen					
Pattern recognition: Track emotional combinations over time					
Balance indicators: Alert when opposite emotions create internal conflict					
Growth suggestions: Recommend emotional literacy expansion based on unused emotion families					
Physiological awareness: Connect selected emotions to their body responses					
This database provides 120+ emotions with clear hierarchical relationships, scoring mechanisms, and practical application guidelines for emotional intelligence development.					

Primary Emotion	Expanded Related and Tertiary Emotions
Joy	Accomplished, amused, blissful, cheerful, courageous, content, ecstatic, empathetic, energetic, enthusiastic, exhilarated, grateful, happy, inspired, joyful, jovial, lively, peaceful, playful, pleased, proud, relaxed, rejuvenated, satisfied, thankful, thrilled, upbeat.
Trust	Accepted, admired, affectionate, assured, calm, comfortable, confident, connected, empathetic, trusting, serene, safe, secure, respected.
Fear	Afraid, alarmed, anxious, cautious, distressed, dread, fright, horrified, insecure, nervous, petrified, scared, startled, stressed, tense, worried.
Surprise	Amazed, awe-struck, baffled, bewildered, confused, curious, delighted, intrigued, shocked, stunned, taken aback, uneasy, unnerved.
Sadness	Alone, ashamed, depressed, disappointed, disheartened, embarrassed, hurt, melancholy, pensive, regretful, resigned, sorrowful, unhappy, withdrawn.
Disgust	Appalled, contemptuous, defiant, displeased, judgmental, loathing, nauseated, offended, sickened, repulsed, disapproving.
Anger	Aggravated, annoyed, bitter, furious, hateful, hostile, insulted, jealous, infuriated, irritable, provoked, resentful, stern, vengeful.
Anticipation	Alert, attentive, focused, curious, driven, eager, expectant, focused, hopeful, interested, keen, motivated, inspired, vigilant.