

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	
Surprise Combinations:					
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	
Sadness Combinations:					
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	
Disgust Combinations:					
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	

Anger Combinations:					
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	
Anticipation Combinations:					
Anticipation + Joy = Optimism					
Anticipation + Anger = Aggressiveness					
Anticipation + Fear = Anxiety					
Comprehensive Scoring System					
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)					
Polar Opposite Relationships					
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			
Application Scoring Formula					
Total Emotion Score = Σ(Individual Emotion Intensities) + Combination Bonuses - Opposite Penalties					
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	<i>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.</i>
Trust	<i>Accepted, admired, affectionate, assured, calm, comfortable, confident, connected, empathetic, trusting, serene, safe, secure, respected.</i>
Fear	<i>Afraid, alarmed, anxious, cautious, distressed, dread, fright, horrified, insecure, nervous, petrified, scared, startled, stressed, tense, worried.</i>
Surprise	<i>Amazed, awe-struck, baffled, bewildered, confused, curious, delighted, intrigued, shocked, stunned, taken aback, uneasy, unnerved.</i>
Sadness	<i>Alone, ashamed, depressed, disappointed, disheartened, embarrassed, hurt, melancholy, pensive, regretful, resigned, sorrowful, unhappy, withdrawn.</i>
Disgust	<i>Appalled, contemptuous, defiant, displeased, judgmental, loathing, nauseated, offended, sickened, repulsed, disapproving.</i>
Anger	<i>Aggravated, annoyed, bitter, furious, hateful, hostile, insulted, jealous, infuriated, irritable, provoked, resentful, stern, vengeful.</i>
Anticipation	<i>Alert, attentive, focused, curious, driven, eager, expectant, focused, hopeful, interested, keen, motivated, inspired, vigilant.</i>