

8 Basic Emotions

Anger
Resentment
Irritation
Frustration

Fear
Apprehension
Overwhelmed
Threatened

Pain
Hurt
Pity
Sad
Lonely

Joy
Happy
Elated
Hopeful

Passion
Enthusiasm
Desire
Zest

Love
Affection
Tenderness
Compassion
Warmth

Shame
Embarrassment
Humble

Guilt
Regretful
Contrite
Remorseful



From Facing Codependence by Pia Mellody

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