

Anger

Related Emotions

Annoyed
Enraged
Frustrated
Irate
Irritated
Mad

Signs & Behaviors

Aggression
Arguing
Blaming
Clenching Fists
Feeling Hot
Increased Heart Rate

Raising Voice / Yelling
Staring
Stern / Harsh Tone
Trembling
Using Insults

Anxiety

Related Emotions

Dread
Fear
Jittery
Nervous
Scared
Stressed
Timid
Uneasy
Worried

Signs & Behaviors

Avoidance
Catastrophizing
Crying
Difficulty Concentrating
Digestive Issues
Headache
Irritability
Muscle Tension
Nail Biting

Pacing
Racing Heart
Racing Thoughts
Rumination
Shortness of Breath
Sweating
Tapping Foot
Trembling

Happiness

Related Emotions

Cheerful
Content
Excited
Glad
Joyful
Pleased
Satisfied

Signs & Behaviors

Creative Thinking
Engage in Self-Care
Feeling Sociable
Helpful
Increased Energy
Increased Motivation

Laughing
More Active
Optimism
Playful
Smiling

Jealousy

Related Emotions

Bitter
Contempt
Envious
Spiteful

Signs & Behaviors

Acting Possessive
Controlling
Distrust
Fear of Abandonment
Feelings of Inadequacy
Frustration
Insecurity
Making Hurtful Comments
Making Threats
Negative Thinking

Love

Related Emotions

Affection
Attachment
Closeness
Compassion
Desire
Endearment
Fondness
Tenderness

Signs & Behaviors

Caring for Another Person
Commitment
Desire for Connection
Drive to Protect
Empathy
Enjoying Time Together
Feeling Vulnerable
Gestures of Appreciation
Kindness
Physical Affection
Selflessness
Thinking Often of the Subject

Sadness

Related Emotions

Depressed
Despair
Disappointment
Down
Emptiness
Grief
Guilt
Hopelessness
Lonely
Shame

Signs & Behaviors

Apathy
Changes in Eating
Crying
Difficulty Concentrating
Fatigue
Inactivity
Irritability
Loss of Interest in Activities
Negative Thoughts
Neglecting Self-Care
Poor Self-Esteem
Rumination
Sleep Problems
Sluggishness
Social Isolation