

Basic Emotions

- [Fear](#) → feeling afraid. Other words are *terror* (strong fear), *shock*, *phobia*
- [Anger](#) → feeling angry. A stronger word is *rage*.
- [Sadness](#) → feeling sad. Other words are *sorrow*, *grief* (a stronger feeling, for example when someone has died) or [depression](#) (feeling sad for a long time). Some people think depression is a different emotion.
- [Joy](#) → feeling happy. Other words are *happiness*, *gladness*.
- [Disgust](#) → feeling something is wrong or dirty
- [Trust](#) → a positive emotion; admiration is stronger; [acceptance](#) is weaker
- [Anticipation](#) → in the sense of looking forward positively to something which is going to happen. [Expectation](#) is more neutral.
- [Surprise](#) → how one feels when something unexpected happens