

**Anger** – Tells us that we need to make change

**Fear** – Lets us know that danger is present; a threat exists

**Sadness** – When your expectations don't get met

**Shame** – Tells us that we failed to meet someone else's expectations

**Guilt** – Tells us to make a repair for failing to meet those expectations

**Disgust** – Lets us know that something is unhealthy

**Surprise** – Tells us that we were not prepared for what just happened

**Excitement** – Tells us to keep pursuing what is next

**Joy** – Tells us that we are getting what we want; keep doing what we're doing

**Contempt** – Looking down upon others as if they are lesser beings

## IZARD'S EMOTIONS EXPANDED

Carroll Izard's Fundamental Emotions are given as pairs, the first word representing a lower intensity of meaning than the second word, which in turn, represents a higher level of intensity. The +synonyms here are NOT intentionally placed on continuums of intensity, so you might have some fun placing them between the two key words given. In the last two decades your fellow students (of words representing emotions) have offered the following for your consideration and use in your counseling work. These students have been wordsmiths and offer you a **partial list** of relevant synonyms.

**Interest – excitement** *attention, \*concern, curiosity, enthusiasm, passion, attraction, preoccupation, engrossment, obsession, fascination, intrigue, inquisitiveness, exhilaration, engaging, titillation, \*elation, impelling, stirring, stimulation, inspiration*

**Enjoyment – joy** *pleasure, satisfaction, happiness, delight, zest, fun, gratification, ecstatic, rejoice, admiration, contentment, comfort, amusement, euphoria, glee, bliss, jubilation, rapture, gay, \*elation, love (oft mentioned but not exactly a synonym)*

**Surprise – startle** *stun, amaze, astonish, shock, marvel, bewilder, awe, astound, incredulous, perplex, stupefy, alarm, baffle, flabbergast, wonder, dumbfound*

**Distress – anguish** - *sadness, sorrow, despair, agony, desolation, misery, miserable, pain, hurt, turmoil, suffer, dolor, malaise, torment, grief, imperilment, torture, discomfort, woe, heartbroken, distraught, unhappy, disappointment*

**Anger – rage** *displeased, annoyed, irate, irritated, riled, infuriated, exasperated, maddened, incensed, fury, furious, \*hate, hatred, animosity, impatience, ire, irked, irksome, wrath, aggravated, livid, miffed, outraged, enraged, rage, mad, pissed off, ticked off, acrimony, acrimonious, \*antipathy, hostile, hostility, loath, loathing, loathsome, agitated, agitation, \*detest, \*despise,*

**Disgust – revulsion** *averse, aversion, repulse, \*detest, \*loathe, abhor, \*hate, dislike, oppose, repugnant, abomination, sickened, distaste, disfavor, revolting, repulsive, offensive, odious*

**Contempt – scorn** *slight, disregard, insult, disparage, disdain, condescension, \*despise, disapprove, disrespect, deride, derision, \*hatred, ridicule, mock, mockery, haughty, contemptuous, revile, audacious, audacity, \*antipathy, indignation, indignant*

**Fear – terror** *apprehension, apprehensive, dread, panic, horror, horrified, terrified, scared, scary, doubt, worry, trepidation, doom, \*concern, fear, fearful, fright, frightened, alarmed, angst, intimidated, intimidation, nervous, aghast, petrified, petrify, foreboding, dismay, dismayed, qualm, ^anxiety*

**Shame – humiliation** *embarrassed, reproach, indignant, indignity, disgraced, ignominy, mortified, dishonored, degraded, prudency, discredit, infamy, infamous, shyness, abashed, belittled,*

**Guilt – remorse** *regret, culpable, contrite, penitent, blame, iniquity, misstep, malefaction, onus, reprehensible, rueful, self-reproach*

\*Words listed on more than one continuum have meanings that vary with context. ^Anxiety is listed under fear. Izard and others disagree and consider anxiety to be a collective emotion with fear at the core plus two other fundamental, discrete emotions. +Some are nouns, some verbs, some adjectives.

\*\*Credit to Chuck Holt, PhD., for compiling the list with his graduate students at the University of Nevada, Reno.