## The Basic Emotions

(from Stanford Graduate School of Business)

HAPPY		CARING		EXCITED	
Pleased		Warm		Interested	
Glad		Soft		Engaged	
Content		Touched		Eager	
Fulfilled		Empathetic		Stimulated	
Joyful		Loving		Energized	
Thrilled		Intimate		Ecstatic	
SAD		SCARED		ANGRY	
Disappointed		Tense		Irritated	
Down		Nervous		Resentful	
Dejected		Anxious		Upset	
Hopeless		Frightened		Mad	
Miserable		Panicked		Furious	
Grieving		Terrified		Enraged	
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	EMBARRASSED		INADEQUATE		
	Regretful		Ineffective		
	Exposed		Lacking		
	Guilty		Weak		
	Ashamed		Overwhelmed		
	Humiliated		Defeated		
	Disgraced		Worthless		

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