



Developing Emotional Awareness

There are many theories and frameworks seeking to identify human emotions. Early research by Dr. Robert Plutchick identified 8 emotions (Fear, Sadness, Anger, Joy, Surprise, Disgust, Anticipation, Trust). New research from the Berkeley Social Interaction Laboratory, Department of Psychology, expands this to 27 distinct emotions:

Admiration	Calmness	Interest
Adoration	Confusion	Joy
Aesthetic Appreciation	Craving	Nostalgia
Amusement	Disgust	Romance
Anger	Empathetic	Sadness
Anxiety	Entrancement	Satisfaction
Awe	Excitement	Sexual Desire
Awkwardness	Fear	Surpris
Boredom	Horror	Relief

As you can imagine, like the colors of the rainbow, you can experience multiple emotions simultaneously or in close proximity with one another generating an almost infinite combination of emotional experiences.

To improve intrapersonal Emotional Intelligence requires greater awareness and self-reflection. To do this, review ponder the 27 emotions above. Then, for the next several days, take notice of when, where, and under what circumstances you experience one or more of these emotions.

For a broader tour of emotional derivatives, review the list below. Put a “+” mark next to those emotions that contribute most to your Flow and a “-” next to those that interfere with your Flow.

A bandoned	afflicted	amusement	ashamed
abhor	affronted	anger	astonished
ablaze	afraid	angry	astounded
abominable	aggravated	angst	attentive
abrasive	aggressive	anguish	attracted
absorbed	agitated	animated	attraction
absurd	agitation	animosity	avoidance
abused	agreeable	annoyed	avoiding
abusive	airy	anticipation	awe
acceptance	alarm	anxiety	awed
accepting	alarmed	anxious	awkward
accommodating	alert	apathetic	B ashful
acknowledged	alertness	apathy	beaten down
acquiescent	alienated	appealing	bemused
acrimonious	alive	appeasing	bent
admiring	alluring	appetizing	benevolence
admonished	alone	appreciation	benevolent
adoration	altruistic	appreciative	bereaved
adored	amazed	apprehension	betrayed
adoring	ambiguous	apprehensive	bewildered
adventurous	ambitious	ardent	bewitched
adverse	ambivalence	arduous	bitter
affected	ambivalent	argumentative	bitterness
affection	amenable	armored	blah
affectionate	amorous	aroused	blessed
agonized	amused	arrogant	bliss

blissful	captivating	compassion	cordial
blue	carefree	compassionate	cornered
blunt	careless	competence	courage
boastful	caring	competitive	courageous
boiling	caution	complacent	cowardice
boldness	cautious	complaint	cowardly
bored	celebrating	completion	crafty
boredom	certain	composed	crazy
bothered	chagrined	composure	creative
brave	charmed	concerned	cross
breathless	charming	confidence	crucified
breezy	chastened	confident	cruel
bright	cheerful	confused	cruelty
broken	cheerless	confusion	crummy
bruised	cherishing	congenial	crushed
bubbly	clandestine	considerate	curious
buoyant	clear	constrained	cursed
burdensome	close	constraint	cushy
bursting	closeness	contempt	cut down
C alamitous	cocky	contemptuous	cynical
callous	cold	content	D ainty
calm	cold-blooded	contented	dark
calmness	collected	contentment	defeated
camaraderie	comatose	convinced	defensive
cantankerous	comfort	cool	defiant
captivated	comfortable	copasetic	dejected
captivating	commonplace	coping	delectable

delicate	discontentment	doomed	endearing
delight	discouraged	dopey	enduring
delighted	discovery	doubt	engaged
delirious	disgraced	doubtful	engaging
demure	disgust	down	engrossed
denial	disgusted	dreadful	enigmatic
depressed	disheartened	dreary	enjoy
depression	dishonored	droopy	enlivened
desirable	disillusioned	dubious	enmity
desire	dismal	dull	ennui
desired	disobedient	E ager	enraged
desolate	dispassionate	earnest	enraptured
despair	dispirited	easy	enthused
despairing	displeased	ecstasy	enthusiastic
desperate	disregard	ecstatic	enticing
despondent	disregarded	edgy	envious
detached	disregarding	edified	envy
detachment	disregarding	elated	euphoria
determined	disrespect	elation	euphoric
devastated	disrespected	electric	evasive
devoted	distanced	embarrassed	even tempered
devoured	distant	embarrassment	exacerbated
disappointed	distracted	emphatic	exalted
disappointment	distressed	empowered	exasperated
discomfort	distrustful	empty	excited
disconcerted	disturbed	emulation	exciting
discontented	doldrums	enchanted	exhausted

exhaustion	fond	giddy	grudging
exhilarated	foolish	giggly	grumpy
exhilaration	forbearance	glad	guilt
expectation	forlorn	gladness	guilty
exuberance	fortitude	glee	gushing
exultation	frantic	gleeful	gusto
F amiliarity	frazzled	gloom	H aggard
fanatical	free	gloomy	half-hearted
fascinated	freedom	glowing	happiness
fascinating	fretful	glum	happy
fear	friendly	gnawing	harassed
fearful	friendship	goaded	hardened
fearing	frightened	good	harsh
fed up	frigid	goodness	hate
fervent	frisky	goofy	hateful
fervor	frustrated	grateful	hatred
festive	frustration	gratified	having fun
fidgety	fulfilled	gratitude	heartbroken
fiery	full	grave	hearty
flabbergasted	fuming	greedy	heated
flared up	fun	grief	heavy
flattered	funny	grief-stricken	hectic
flattering	furious	grieving	helpless
flushed	G ain	grim	hesitant
flustered	galvanized	griped	high
fluttery	gay	grouchy	hilarious
foaming at the mouth	genial	grounded	homesick

homesickness	in a dither	inhibited	jittery
honor	in a flurry	innocence	jolly
hope	in a pickle	innocent	jovial
hopeful	in a stupor	inquisitive	joy
hopeless	in a trance	insane	joyful
horrible	in purgatory	insatiable	joyous
horrific	inattentive	insecure	jubilation
horrified	incensed	insensitive	K ind
horror	incompetent	insouciant	kindness
horror-stricken	incompetence	inspired	L anguid
hostile	incompleteness	intent	languish
hostility	indecision	interest	languor
humble	indecisive	interested	laugh
humiliated	independence	intimidated	laughingly
humility	independent	intrigued	lazy
humored	indifference	invidious	left out
humorous	indifferent	inviting	lethargic
hurried	indignant	involved	liberated
hurt	indignation	irate	lighthearted
hyper	indulged	irrepressible	limerence
hysterical	indulgent	irritable	lively
I mpatient	inept	irritated	livid
impetuous	infatuated	irritation	loathe
imposing	infelicitous	J aded	loathsome
impressed	inflexible	jaunty	loneliness
impressionable	infuriate	jealous	lonely
impulsive	infuriated	jealousy	lonesome

longing	mindful	numb	perky
long-suffering	mindless	O bligation	permission
loss	mirth	obscene	permissive
lost	mirthful	obsessed	perplexed
love	miserable	offended	perturbation
loved	misery	optimistic	perturbed
lovesick	misunderstood	outraged	pessimistic
loving	mixed up	overflowing	petrified
low	moderate	overwhelmed	phobia
loyal	modest	over-wrought	pine
lukewarm	modesty	P acified	piquant
lust	moody	pain	pitied
lustful	morbid	panic	pity
luxurious	mortified	panicked	pitying
M ad	mournful	panicky	placid
manic	mourning	paralyzed	plagued
martyr	moved	paranoid	playful
mean	mystery	passion	pleasant
meddlesome	N eeded	passionate	pleased
melancholic	needy	passionate	pleasing
melancholy	negative	passive	pleasurable
mellow	negativity	pathetic	pleasure
melodramatic	neglected	patience	pleasured
mercy	nervous	patient	positive
merry	nervousness	peace	possessive
mild	nonchalant	peace of mind	powerless
mildness	nostalgia	peaceful	preoccupied

pressured	reckless	resolve	selfish
prey to	reconciled	respect	self-pity
pride	refreshed	respectful	self-righteous
prideful	refusal	restless	sensational
privacy	regret	restrained	sensual
prohibition	regretful	restraint	sentimental
protected	rejected	revived	serene
protective	rejection	ridiculous	serenity
proud	rejoice	romantic	serious
provocative	relaxation	rueful	sexy
provoked	relaxed	rushed	shaken
puzzled	relief	S ad	shaky
Q uarrelsome	relieved	sadness	shame
quenched	relish	safe	shamed
quiet	reluctance	satiated	shamelessness
quivering	remorse	satisfaction	sharing
quivery	remorseful	satisfied	sheepish
R adiant	repentance	scared	shielded
rage	repose	schadenfreude	shock
raging	repressed	scorn	shocked
rash	repugnant	secretive	shutter
rashness	repulsion	secure	shy
raving	resentful	security	shyness
ravished	resentment	sedate	silly
ravishing	resignation	seduced	simmering
ready to burst	resigned	seductive	sincere
receptive	resistant	seething	sincerity

sinking	stubborn	tender	troubled
skeptical	stung	tense	trust
smug	stunned	terrified	trusting
snug	stupid	terror	twitchy
sober	subdued	the blues	Ugly
sobering	subjugated	thick-skinned	unaffected
soft	suffering	thin-skinned	uncertain
solemn	suggestive	threatened	uncertainty
somber	sulky	thrilled	uncomfortable
sore	sunny	tickled	unconcerned
sorrow	superior	tight	unconscious
sorrowful	supportive	tight-lipped	uncontrollable
sorry	surprise	timid	under pressure
sour	surprised	timidity	understanding
sparkling	surrender	tingly	undone
spastic	susceptible	tired	uneasiness
spicy	suspended	togetherness	uneasy
spirited	suspense	tolerant	unfeeling
spiteful	suspicious	tormented	unforgiving
spry	sweet	torn	unhappiness
stoic	sympathetic	tortured	unhappy
stranded	sympathy	touched	unimpressed
stress	Taken advantage of	tranquil	uninformed
stressed	tame	transported	unnoticed
strewn	tantalizing	trapped	unruffled
stricken	temperamental	trepidation	unwanted
strong	temperate	triumphant	upset

used

Vengeful

vexed

vicious

victim

victimized

vivacious

volcanic

voluptuous

vulnerable

Warm

warmhearted

warning

wasted

wavering

weak

weariness

weary

welcomed

whining

winsome

wise

wistful

woe

woeful

wonder

wonderful

worked up

worn-out

worried

worthless

wounded

wretched

Yearn

yearning

yielding

Zeal

zealous