

# 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