

List of Core Emotions*

Anger

Anxious

Belonging

Blame

Curious

Disappointed

Discussed

Embarrassment

Empathy

Excited

Fear /scared

Frustrated

Gratitude

Grief

Guilt

Happy

Humiliation

Hurt

Jealous

Joy

Judgment

Lonely

Love

Overwhelmed

Regret

Sad

Shame

Surprised

Vulnerability

Worried

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