

A Rainbow of Emotions

Joy Passion Empowerment Freedom
Love Appreciation

Enthusiasm Eagerness Happiness
Positive Expectation Belief

Trust Optimism Hopefulness
Contentment

Boredom Pessimism Frustration
Irritation Impatience

Disappointment Doubt Worry Blame
Discouragement Sadness

Anger Rage Revenge Hatred

Jealousy Insecurity Guilt Unworthiness

Fear Grief Depression Despair
Powerlessness