<table>
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<th>Emotion Categories</th>
<th>Descriptors</th>
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| **No emotion**     | Matter-of-fact, simple statement, detachment (without boredom) | • Receiving information (not connected to emotional situation or response.)  
• Repeating instructions. |
| **Disgust**        | Aversion, repugnant, intense dislike, nauseating, provoke loathing | • Someone vomited at a party in my apartment. I have to get away from the vomit.  
• I open the refrigerator, trying to find something for breakfast. I open a container of yogurt and am overwhelmed by the putrid smell. I look to the elapsed expiration date on the rotten food and say… |
| **Panic**          | Sudden overpowering fear. Terror followed by frantic attempts to alleviate fear. | • While I am saying goodbye to my girlfriend/boyfriend, I notice a car, motor running, at the bus stop. As I begin to ride my bike home, the car follows me. There is a man in the car. I pedal slower. Rather than pass me, however, the car continues to follow me. I race on to a side street where my brother lives. In a panic, I say…  
• While on a bus ride, the bus driver has to make an evasive maneuver. This maneuver forces the bus from the street. The bus comes to a halt, but ends up perched on the edge of a cliff. A panic breaks out among the passengers. |
| **Anxiety**        | Uncertainty, uneasiness, apprehension, fear, helplessness, dread, agitation | • A decisive pronouncement regarding an important engagement is looming.  
• My sister and I are forced to return to our vacation home via a long, dark, forest path. This is the only way we can return home. |
| **Hot Anger**      | Enraged fury after being wronged | • I come back from a vacation and find my apartment looking like a pigsty. The person who sublet the apartment did none of the things we had agreed they would do.  
• There is one-time theatre performance tonight. I have been waiting in line for two hours trying to get a ticket. I watch as the cashier slips the last ticket to someone who has just got in line. |
| **Cold Anger**     | Irritation, frustration that expectations were not being met | • Once again the director has arrived late. This means that for the umptsy-umpth time, rehearsal will run late. This means I will have to cancel an important date.  
• I recently moved into a shared apartment. Even though kitchen clean-up duties have been assigned, it seems as if I am the only one who ever cleans. |
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| **Despair** | Lose all hope for success or achievement. Futil, defeated, assenting to whatever may come. | - My best friend and I are hiking in the mountains. I watch as s/he slips and falls. I know they are seriously injured and in danger of death, but I am powerless to get help.  
- My boyfriend/girlfriend, upon whom I am very dependent, has just told me that we are through and that this will be the last time we will ever be together. Despairingly, I try to convince her/him to change their mind. |
| **Sadness** | Sorrowful, unhappiness, gloominess, melancholy, depressing, dejected, blue, feeling inadequate, despondent | - We have to give away our favorite pet because we are moving and our new landlord does not allow pets.  
- After being separated for many years, I receive the news that my favorite uncle/aunt, with whom I once had great relationship, has died. |
| **Elation** | High spirits, lofty, excited with pride, excited, inspired | - I have been unemployed for six months. During this time, I have had very little money. I finally get an offer for a lead role. I have dreamed about getting this role for a long time. The part also pays extremely well.  
- My uncle comes to visit me on my birthday. He tells me to look out the window to see my present. When I look out the window, I see my dream car. |
| **Happy** | Joyful, good fortune, pleasant, glad, pleased, friendly, congenial, feeling bliss | - I am to meet my old boyfriend/girlfriend in a café. S/he is late. For the first time in a long while, however, s/he brings me a red rose.  
- I have just started to work for a new group. Right from the start I get along with my new colleagues. They organize a welcome party for me. |
| **Interest** | Attentive, engaged, curious, sympathetic, concerned, involved, engrossed, absorbed, intrigued | - I am at a theatre lecture given by a famous director. He talks about the performance of a very difficult role. I will be playing the role in the near future.  
- I return from vacation, not having seen my roommates for quite some time. I ask them what has been going on while I have been gone. |
| **Boredom** | Dull, tiresome, monotonous, wearisome, devoid of interest, ennui | - I have to listen to a long lecture. The speaker not only does not talk loudly enough, but is also very hard to understand. To make matters worse, he drones on and on endlessly in a lecture without end.  
- I am in the middle of a five-hour car trip with two people. I have nothing to say to these people. I have nothing in common with these people. They do not interest me in the slightest. |
| **Shame** | Regret, guilty conscience, dishonored, realizing shortcoming, disgraced | - I have just loudly made fun of someone who is walking down the street, as if drunk. A passerby informs me that this person has a spastic paralysis.  
- It was bad enough that I hit the little girl with my car while I was driving home from the bar last night. But when I saw the headlines in the newspaper the next morning, I shrunk in my seat, knowing that the reputation my family had built for generations would be tarnished. |
| **Pride** | Proud, high self-esteem, delight in one’s work, vanity, self-respect, haughty, conceited | - During Christmas vacation, I made a modern work table all by myself. Many of my guests have asked me where I bought the table.  
- A feared critic in a major newspaper praises my acting ability and my interpretation of a different role. |
| **Contempt** | Despising, disdainful, scornful. Feeling something is worthless, without respect, concern, regard. | - I have had a part-time job in a factory. I watch the boss systematically degrade one of my co-workers.  
- A co-worker, whom I do not like, is telling anti-Semitic jokes. While telling the jokes, this person is loudly laughing. |