

<u>Emotion Categories</u>	<u>Descriptors</u>	<u>Situations that may elicit this response</u>
<b>No emotion</b>	Matter-of-fact, simple statement, detachment (without boredom)	<ul style="list-style-type: none"> <li>• <i>Receiving information (not connected to emotional situation or response.)</i></li> <li>• <i>Repeating instructions.</i></li> </ul>
<b>Disgust</b>	Aversion, repugnant, intense dislike, nauseating, provoke loathing	<ul style="list-style-type: none"> <li>• Someone vomited at a party in my apartment. I have to get away from the vomit.</li> <li>• <i>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...</i></li> </ul>
<b>Panic</b>	Sudden overpowering fear. Terror followed by frantic attempts to alleviate fear.	<ul style="list-style-type: none"> <li>• 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...</li> <li>• 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.</li> </ul>
<b>Anxiety</b>	Uncertainty, uneasiness, apprehension, fear, helplessness, dread, agitation	<ul style="list-style-type: none"> <li>• A decisive pronouncement regarding an important engagement is looming.</li> <li>• 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.</li> </ul>
<b>Hot Anger</b>	Enraged fury after being wronged	<ul style="list-style-type: none"> <li>• 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.</li> <li>• 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.</li> </ul>
<b>Cold Anger</b>	Irritation, frustration that expectations were not being met	<ul style="list-style-type: none"> <li>• Once again the director has arrived late. This means that for the umpty-umph time, rehearsal will run late. This means I will have to cancel an important date.</li> <li>• 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.</li> </ul>

<b>Despair</b>	Lose all hope for success or achievement. Futile, defeated, assenting to whatever may come.	<ul style="list-style-type: none"> <li>• 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.</li> <li>• 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.</li> </ul>
<b>Sadness</b>	Sorrowful, unhappiness, gloominess, melancholy, depressing, dejected, blue, feeling inadequate, despondent	<ul style="list-style-type: none"> <li>• We have to give away our favorite pet because we are moving and our new landlord does not allow pets.</li> <li>• After being separated for many years, I receive the news that my favorite uncle/aunt, with whom I once had great relationship, has died.</li> </ul>
<b>Elation</b>	High spirits, lofty, excited with pride, excited, inspired	<ul style="list-style-type: none"> <li>• 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.</li> <li>• 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.</li> </ul>
<b>Happy</b>	Joyful, good fortune, pleasant, glad, pleased, friendly, congenial, feeling bliss	<ul style="list-style-type: none"> <li>• 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.</li> <li>• 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.</li> </ul>
<b>Interest</b>	Attentive, engaged, curious, sympathetic, concerned, involved, engrossed, absorbed, intrigued	<ul style="list-style-type: none"> <li>• 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.</li> <li>• 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.</li> </ul>
<b>Boredom</b>	Dull, tiresome, monotonous, wearisome, devoid of interest, ennui	<ul style="list-style-type: none"> <li>• 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.</li> <li>• 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.</li> </ul>
<b>Shame</b>	Regret, guilty conscience, dishonored, realizing shortcoming, disgraced	<ul style="list-style-type: none"> <li>• 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.</li> <li>• <i>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.</i></li> </ul>
<b>Pride</b>	Proud, high self-esteem, delight in one's work, vanity, self-respect, haughty, conceited	<ul style="list-style-type: none"> <li>• During Christmas vacation, I made a modern work table all by myself. Many of my guests have asked me where I bought the table.</li> <li>• A feared critic in a major newspaper praises my acting ability and my interpretation of a different role.</li> </ul>
<b>Contempt</b>	Despising, disdainful, scornful. Feeling something is worthless, without respect, concern, regard.	<ul style="list-style-type: none"> <li>• I have had a part-time job in a factory. I watch the boss systematically degrade one of my co-workers.</li> <li>• A co-worker, whom I do not like, is telling anti-Semitic jokes. While telling the jokes, this person is loudly laughing.</li> </ul>