

# The Core Emotions

Core Emotion	Fear	Anger	Sadness	Shame
Common Labels for This Emotion	Agitated Alarmed Anxious Apprehensive Concerned Desperate Dismayed Dread Fearful Frightened Horrified Hysterical Impatient Jumpy Nervous Panicked Scared Shocked Shy Tense Terrified Timid Uncertain Uneasy Worried	Aggravated Agitated Annoyed Antagonized Bitter Contemptuous (other than for self) Contentious Contrary Cranky Cruel Destructive Displeased Enraged Exasperated Explosive Frustrated Furious Hateful Hostile Impatient Indignant Insulated Irate Irritable Irritated Mad Mean Outraged Resentful Scornful Spiteful Urgent Vengeful	Alienated Anguished Bored Crushed Defeated Dejected Depressed Despairing Despondent Disappointed Discouraged Disheartened Dismayed Dispirited Displeased Distraught Down Dreary Forlorn Gloomy Grief-stricken Hopeless Hurt Insecure Isolated Lonely Melancholic Miserable Mopey Morose Neglected Oppressed Pessimistic Pitiful Rejected Somber Sorrowful Tragic Unhappy	Besmirched Chagrined Contemptuous (of self) Contrite Culpable Debased Degraded Disapproving Disdainful Disgraced Disgusted (at self) Dishonored Disreputable Embarrassed Guilty Hateful Humbled Humiliated Improper Infamous Invalidated Mortified Regretful Remorseful Repentant Reproachful Rueful Scandalized Scornful Sinful Stigmatized

From *The Onward Workbook: Daily Activities to Cultivate Your Emotional Resilience and Thrive* by Elena Aguilar.

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# The Core Emotions

Core Emotion	Jealousy	Disgust	Happiness	Love
Common Labels for This Emotion	Competitive Covetous Deprived Distrustful Envious Greedy Grudging Jealous Overprotective Petty Possessive Resentful Rivalrous	Appalled Dislike Grossed out Insulted Intolerant Nauseated Offended Put off Repelled Repulsed Revolted Revulsion Shocked Sickened Turned off	Agreeable Amused Blissful Bubbly Cheerful Content Delighted Eager Ease Elated Engaged Enjoyment Enthusiastic Euphoric Excited Exhilarated Flow Glad Gleeful Glowing Gratified Harmonious Hopeful Interested Jolly Joyful Jubilant Lighthearted Meaningful Merry Optimistic Peaceful Warm Pleasure Pride Proud Relieved Relish Satisfied Thrilled Triumphant Up Zealous	Acceptance Admiration Adoring Affectionate Allegiance Attached Attraction Belonging Caring Compassionate Connected Dependent Desire Devoted Empathetic Faithful Friendship Interested Kind Liking Passionate Protective Respectful Sympathetic Tender Trust Vulnerable Warm

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When our decisions don't match up with the values we aspire to live into, we can feel out of integrity with ourselves.

That said, many of us live in conflict every day. For example, I might value joy, but I don't allocate much time in my schedule for activities that bring me joy. Or I value community, but prioritize building community for others – and excluding myself from community.

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Elena Aguilar (She/Her) - You  
Founder and CEO of Bright Morning Consulting

Your calendar can teach you about your priorities. So can your budget.

If we're going to change the world, we've got to do the work. Each time something horrible happens, it can be tempting to lose hope, feel stuck, or just put your head down and go back to being busy as a coping mechanism. But the world won't change if we don't change.

I'm a big believer in these two related sayings:

- Show me your calendar, and I'll show you your priorities.
- Show me your budget, and I'll show you your priorities.

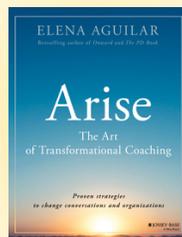
Both statements are true. When you look at how you spent your time and money in the last school year, do those choices reflect your priorities? Do they reflect your core values?

In the coming school year, how might your choices about calendar and budget better align with your priorities and core values?

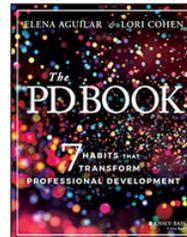
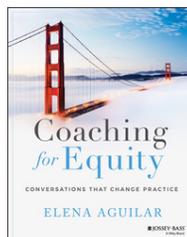
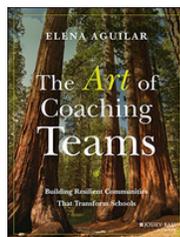
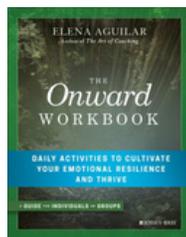
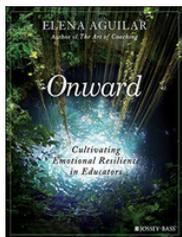
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