A VOCABULARY AND CONCEPTUAL FRAMEWORK DESCRIBING AND CATEGORISING EMOTIONS

1. Basic Emotions

Basic emotions are often considered universal and biologically hardwired. According to Paul Ekman, there are six primary emotions:

a) **Happiness**: Joy, pleasure, contentment
b) **Sadness**: Grief, sorrow, unhappiness
c) **Fear**: Anxiety, apprehension, terror
d) **Anger**: Rage, frustration, irritation
e) **Surprise**: Astonishment, shock, amazement
f) **Disgust**: Revulsion, contempt, disdain

2. Complex Emotions

Complex emotions are combinations of basic emotions and are influenced by cultural and social factors. Examples include:

a) **Love**: Combination of joy and trust (intimacy and passion)
b) **Jealousy**: Combination of anger, fear, and sadness
c) **Guilt**: Combination of sadness and fear
d) **Pride**: Combination of joy and satisfaction
e) **Shame**: Combination of sadness and fear (often with a social or moral component)

3. Emotional Dimensions

Emotions can be categorized along different dimensions:

a) **Valence**: Positive (e.g., happiness) vs. Negative (e.g., sadness)
b) **Arousal**: High arousal (e.g., anger) vs. Low arousal (e.g., calmness)
c) **Intensity**: Mild (e.g., annoyance) vs. Intense (e.g., rage)

4. Emotional Domains

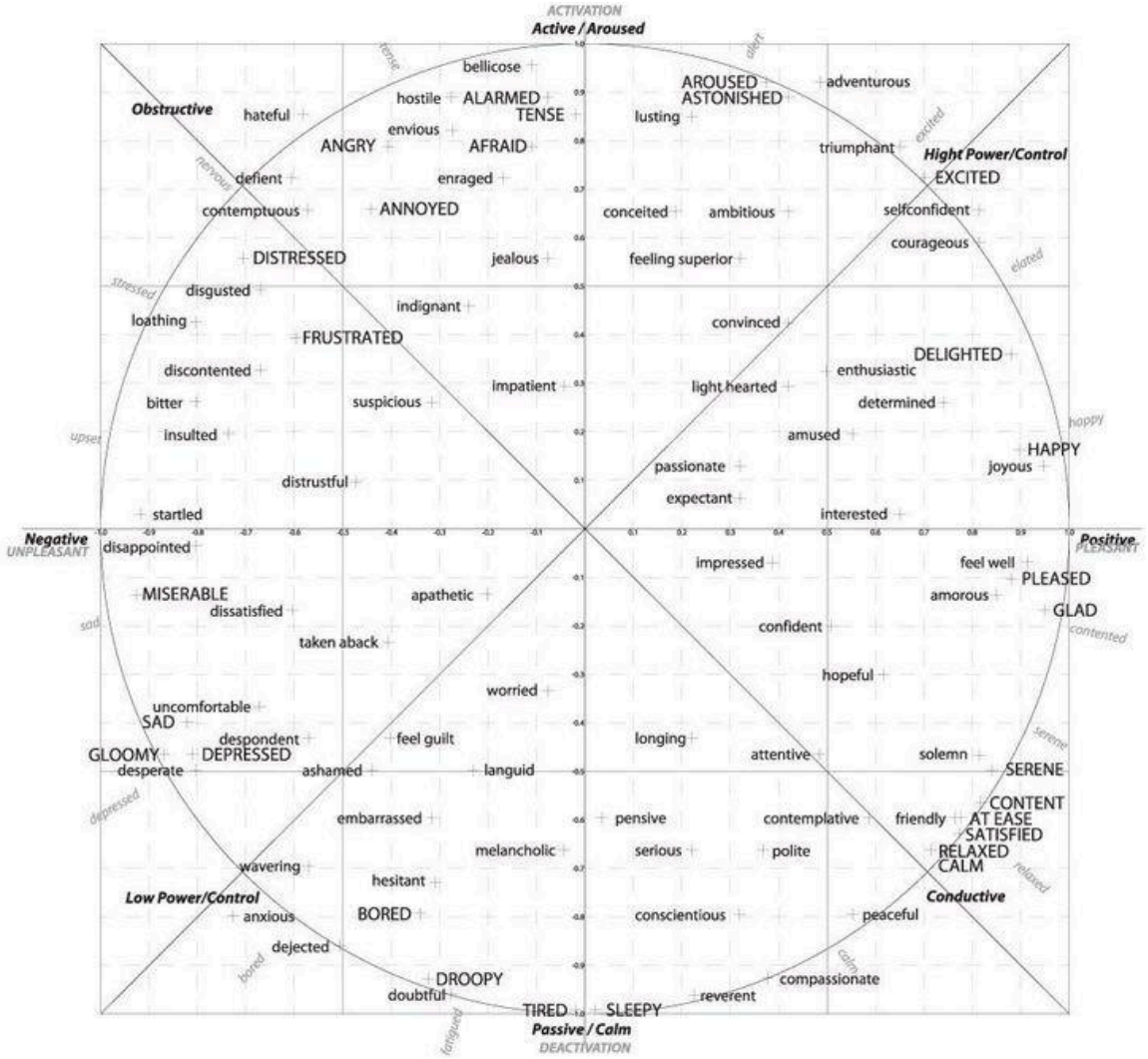
Emotions can be grouped based on contexts and experiences:

a) **Self-conscious emotions**: Guilt, shame, pride, embarrassment
b) **Social emotions**: Empathy, jealousy, envy, gratitude
c) **Moral emotions**: Guilt, shame, pride, empathy
d) **Achievement emotions**: Pride, satisfaction, frustration, disappointment

5. The Circumplex Model of Affect

This model, proposed by James Russell, positions emotions on a circular arrangement along two dimensions: valence (pleasure-displeasure) and arousal (activation-deactivation).

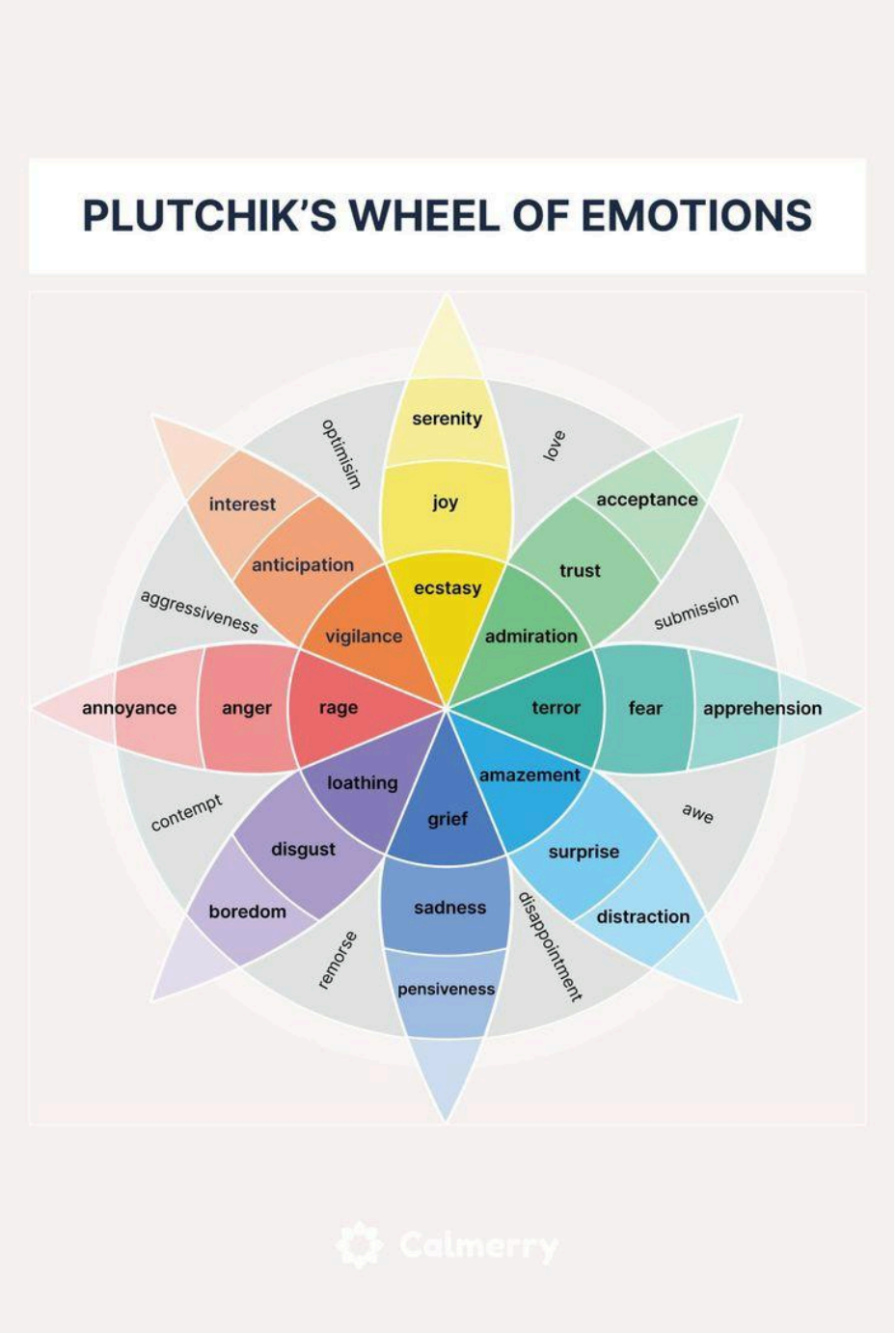
a) **High Arousal & Positive Valence**: Excitement, enthusiasm
b) **High Arousal & Negative Valence**: Anger, anxiety
c) **Low Arousal & Positive Valence**: Contentment, relaxation
d) **Low Arousal & Negative Valence**: Sadness, depression



6. The Plutchik's Wheel of Emotions

Robert Plutchik's model identifies eight primary emotions, each with varying degrees of intensity, and proposes their combinations to form more complex emotions.

a) **Primary Emotions**: Joy, trust, fear, surprise, sadness, disgust, anger, anticipation
b) **Secondary Emotions**: Formed by combinations of primary emotions (e.g., joy + trust = love)



7. Emotional Regulation

The processes by which individuals influence their emotions, including:

a) **Cognitive Reappraisal**: Changing the way one thinks about a situation
b) **Expressive Suppression**: Inhibiting the outward signs of emotions
c) **Mindfulness**: Awareness and acceptance of one's current emotions
d) **Problem-solving**: Addressing the source of the emotion

8. Emotional Intelligence

[1]The ability to identify, understand, manage, and utilize emotions effectively:

a) Self-awareness: Recognizing one's own emotions
b) Self-regulation: Managing one's own emotions
c) Social awareness: Recognizing emotions in others
d) Relationship management: Handling interpersonal relationships judiciously and empathetically

9. Cultural Influences on Emotions

Different cultures express and interpret emotions uniquely, affecting emotional experience and expression:

a) **Display rules**: Cultural norms about how and when emotions should be expressed
b) **Emotion lexicon**: The vocabulary a language has for emotions, which can influence emotional awareness and expression

10. Physiological Basis of Emotions

Emotions are linked to physiological responses in the body, involving:

a) **The brain**: Amygdala, prefrontal cortex, and other areas involved in emotion processing
b) **Autonomic nervous system**: Sympathetic and parasympathetic responses (e.g., heart rate, sweating)
c) **Hormones**: Adrenaline, cortisol, and others affecting emotional states

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