

Universal Emotions

according to Dr. Paul Ekman



Enjoyment

Enjoyment contains both peace and ecstasy. All states of enjoyment are triggered by feeling connection and / or sensory pleasure.



Fear

Fear contains both anxiety and terror. All states of terror are triggered by a feeling of threat or harm. Although this emotion is often considered as a negative one, it fulfills a very important function, keeping us safe by alerting of a possible risk or dangerous event.



Disgust

Disgust contains both dislike and loathing. The intensity of these states varies. All states of disgust are triggered by the feeling that something is repulsive. This feeling can be towards something perceived through our senses, or towards specific actions, physical appearances, others' ideas, etc.



Anger

Anger contains both annoyance and fury. All states of anger are triggered by a feeling of being blocked in our progress. In extreme expression, anger can be dangerous, since it is often connected to violence.



Sadness

Sadness contains both disappointment and despair. All states of sadness are triggered by a feeling of loss. This emotion is sometimes considered as a negative one, although it helps us understand when we are in need of help or reassurance.

Learning Well