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The Five Universal Emotions and Their Increasing Emotional Intensity

Source: [Atlas of Emotions](#)

Disgust

1. Dislike
2. Aversion
3. Distaste
4. Repugnance
5. Revulsion
6. Abhorrence
7. Loathing

Anger

1. Annoyance
2. Frustration
3. Exasperation
4. Argumentativeness
5. Bitterness
6. Vengefulness
7. Fury

Fear

1. Trepidation
2. Nervousness
3. Anxiety
4. Dread
5. Desperation
6. Panic
7. Horror
8. Terror

Sadness

1. Disappointment
2. Discouragement
3. Distraughtness
4. Resignation
5. Helplessness
6. Hopelessness
7. Misery
8. Despair
9. Grief
10. Sorrow
11. Anguish

Enjoyment

1. Sensory Pleasure
2. Rejoicing
3. Compassion/Joy
4. Amusement
5. Schadenfreude (pleasure derived by someone from another person's misfortune)
6. Relief
7. Peace
8. Fiero (proud, fierce)
9. Pride
10. Naches (pride or gratification)
11. Wonder
12. Excitement
13. Ecstasy