



CATEGORISATION OF EMOTIONS



Clasificaciones

- ✓ Paul Ekman's clasification
- ✓ Robert Plutchik's clasification
- ✓ Parrot's clasification





EXERCISE

**THINK AND WRITE DOWN HOW MANY
EMOTIONS YOU CAN NAME:**





EXERCISE

THINK AND WRITE DOWN HOW MANY
EMOTIONS YOU CAN NAME:

happiness

disgust

anger

fear

surprise

sadness



6 BASIC EMOTIONS

ACCORDING TO DR. PAUL EKMAN



happiness
disgust
anger
fear
surprise
sadness



Paul Ekman's classification of emotins

6 BASIC EMOTIONS:

happiness

disgust

anger

fear

surprise

sadness

Happiness:



You are doing everything right - keep going



Connect & bond with people (produces the serotonin and oxytocin-happiness hormones)



Disgust:



Help us to survive - to
avoid toxic food



Anger:

- ✓ Self-defense mechanism
- ✓ Protecting our physical or psychological boundaries
- ✓ Defence ourselves when we are in danger



Fear:



Protects us



Prepares our organism to
"fight or flight"
mechanism



Tells us when we are in
danger



Surprise:



Exploration



Pushes us to move on
and to explore



Pushes us to check if
something good or bad for
us



Sadness:

- ✓ Function of reintegration
- ✓ Helps us to cope and feel the loss
- ✓ Endorphins released by tears, helps us to cope better and to feel ok again

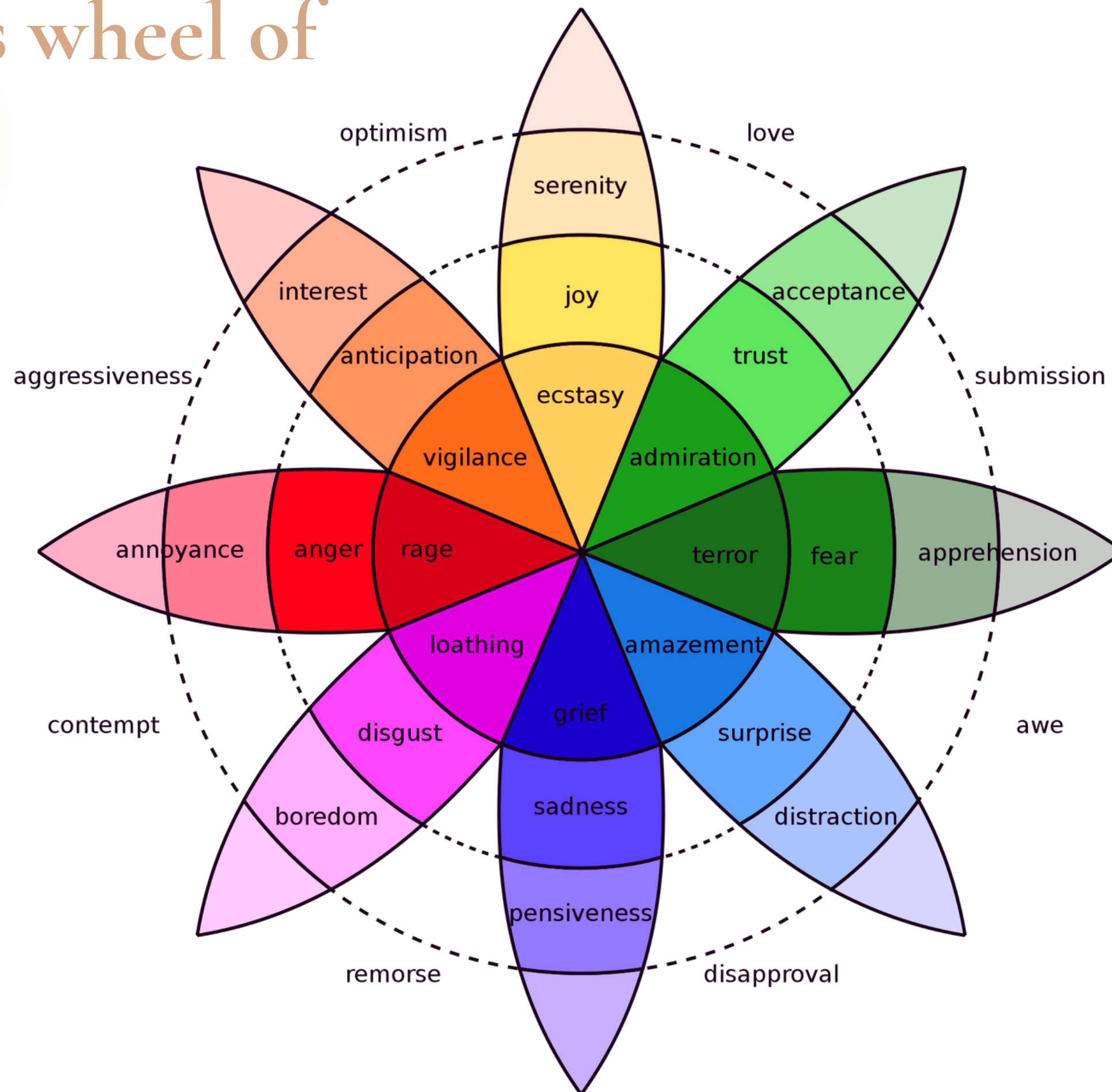




Robert Plutchik's clasification of emotions

WHEEL OF EMOTIONS

Pltchnik's wheel of emotions



Primary emotion	Secondary emotion	Tertiary emotions
Love	Affection	Adoration, fondness, like
	Lust	Desire, passion, infatuation
	Longing	Longing
Joy	Cheerfulness	Amusement, bliss, gaiety, jubilation, elation, satisfaction
	Zest	Enthusiasm, zeal, excitement
	Contentment	Pleasure
	Pride	Triumph
	Optimism	Eagerness, hope
	Enthrallment	Enthrallment, rapture
	Relief	Relief
Surprise	Surprise	Amazement, astonishment
Anger	Irritability	Aggravation, agitation, annoyance
	Exasperation	Frustration
	Rage	Anger, outrage, fury, wrath, dislike, resentment
	Disgust	Revulsion, contempt, loathing
	Envy	Jealousy
	Torment	Torment
Suffering	Suffering	Agony, anguish, hurt
	Sadness	Depression, despair, gloom
	Disappointment	Dismay, displeasure
	Shame	Guilt, regret, remorse
	Neglect	Alienation, defeatism, despair, isolation, loneliness, rejection
	Sympathy	Pity, mono no aware, sympathy
Fear	Horror	Alarm, shock, fear, fright
	Nervousness	Anxiety, suspense, uneasiness

Parrot's classification of emotions

Primary emotion	Secondary emotion	Tertiary emotions
Love	Affection	Adoration, fondness, liking, attraction, caring, tenderness, compassion, sentimentality
	Lust	Desire, passion, infatuation
	Longing	Longing
Joy	Cheerfulness	Amusement, bliss, gaiety, glee, jolliness, joviality, joy, delight, enjoyment, gladness, happiness, jubilation, elation, satisfaction, ecstasy, euphoria
	Zest	Enthusiasm, zeal, excitement, thrill, exhilaration
	Contentment	Pleasure
	Pride	Triumph
	Optimism	Eagerness, hope
	Enthrallment	Enthrallment, rapture
	Relief	Relief
Surprise	Surprise	Amazement, astonishment
Anger	Irritability	Aggravation, agitation, annoyance, grouchy, grumpy, crosspatch
	Exasperation	Frustration
	Rage	Anger, outrage, fury, wrath, hostility, ferocity, bitterness, hatred, scorn, spite, vengeance, dislike, resentment
	Disgust	Revulsion, contempt, loathing
	Envy	Jealousy
	Torment	Torment
Suffering	Suffering	Agony, anguish, hurt
	Sadness	Depression, despair, gloom, glumness, unhappiness, grief, sorrow, woe, misery, melancholy
	Disappointment	Dismay, displeasure
	Shame	Guilt, regret, remorse
	Neglect	Alienation, defeatism, dejection, embarrassment, homesickness, humiliation, insecurity, insult, isolation, loneliness, rejection
	Sympathy	Pity, mono no aware, sympathy
Fear	Horror	Alarm, shock, fear, fright, horror, terror, panic, hysteria, mortification
	Nervousness	Anxiety, suspense, uneasiness, apprehension (fear), worry, distress, dread



EXERCISE

1. **WRITE DOWN ONE PRIMARY EMOTION THAT IS BOTHERING YOU**
2. **LOOK AT THE LIST OF SECONDARY EMOTIONS AND MARK EMOTIONS THAT ARE BEHIND THIS PRIMARY EMOTION YOU'VE PICKED**
3. **MARK THE EMOTIONS ON THIRD GROUP OF EMOTIONS**

What is the main reason why I feel this emotion?



write your reflections on this lecture:

