

Definitions of Emotions –

1. Emotions – a natural instinctive state of mind deriving from one's circumstances, mood, or relationships with others. intuitive feeling as distinguished from facts, reasoning or knowledge.
 2. Feelings – an emotional state or reaction. the emotional side of someone's character; emotional responses or tendencies to respond. a belief, or opinion, especially a vague or irrational one.
 3. Mood - an emotional state. A temporary tone, attitude, frame of mind, string of thoughts. In contrast to emotions, feelings, or affects, moods are less specific, less intense and less likely to be provoked by a particular stimulus or event.
 4. Personality – the combination of characteristics or qualities / attributes / behaviors that form an individual's distinctive character.
 5. Temperament – the nature (constitution) of a person. especially as it permanently affects their behavior. It has been repeated and created from habitual behaviors. (tempered)
 6. Denial - the action of declaring something to be untrue. contradiction, refutation, rebuttal, repudiation, disclaimer. failure to acknowledge an unacceptable truth or emotion or to admit it into consciousness, used as a defense mechanism.
 7. Indifferent - having no particular interest or sympathy; unconcerned. uninterested, uncaring, casual, nonchalant, offhand, uninvolved
 8. Empathic - showing an ability to understand and share the feelings of another.
 9. Awareness - knowledge or perception of a situation or fact. Realization. consciousness, recognition
 10. Dissociate - disconnect or separate, detach, sever
 11. Codependency - Not knowing where you start and I stop - a type of dysfunctional helping relationship where one person supports or enables another's poor mental health, immaturity, irresponsibility, or under-achievement.
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Happy – feeling or showing pleasure or contentment. fortunate and convenient

Joy – a deep state of mind. A steady virtue.

Sad – feeling or showing sorrow; unhappy.

Angry – having a strong feeling of or showing annoyance, displeasure, or hostility;
full of anger

Depressed – a person in a state of general unhappiness or despondency.
miserable, gloomy, glum, melancholy, dejected

Ecstatic – feeling or expressing overwhelming happiness or joyful excitement
overjoyed, blissful, involving an experience of mystic self-transcendence

Anxiety - a feeling of worry, nervousness, or unease, typically about an imminent event or something with an uncertain outcome. apprehension, apprehensiveness, uneasiness, unease, fear,

Fear – alarm, dread, painful emotion. perceived danger from a response of something to projecting a future threat. ultimately brings a change in behavior, such as fleeing, hiding, or freezing from perceived traumatic events.

Peace – security, freedom from disturbance, order in a community provided for by a law or custom. (the absence of conflict? The presence of justice)