

## Emotions and their 'family tree'

Anger	Anxiety	Sadness	Disgust	Joy	Calm	Safe
Irritated	Scared	Disappointed	Revulsion	Excitement	Peaceful	Content
Frustrated	Fearful	Sorrowful	Distasteful	Energetic	Relaxed	Secure
Annoyed	Terrified	Distressed	Abhorrent	Lively	Tranquil	Warm
Cross	Agitated	Despair	Repugnant	Enthusiastic	Laid-back	
Furious	Tense	Despondent		Eager	Serene	
Raging	On edge	Remorseful				