

List of Core Emotions (Brené Brown)

Recognizing emotion means developing awareness about how our thinking, feeling (including our physiology), and behavior are connected. Here are the thirty core emotions, based on the current data.

Anger	Happy
Anxious	Humiliation
Belonging	Hurt
Blame	Jealous
Curious	Joy
Disappointed	Judgment
Disgust	Lonely
Embarrassment	Love
Empathy	Overwhelmed
Excited	Regret
Fear Scared	Sad
Frustrated	Shame
Gratitude	Surprised
Grief	Vulnerability
Guilt	Worried