

List of Core Emotions*

Anger

Anxious

Belonging

Blame

Curious

Disappointed

Disgust

Embarrassment

Empathy

Excited

Fear | Scared

Frustrated

Gratitude

Grief

Guilt

Happy

Humiliation

Hurt

Jealous

Joy

Judgment

Lonely

Love

Overwhelmed

Regret

Sad

Shame

Surprised

Vulnerability

Worried

*This list is based on current data. Brené is doing new research on emotional literacy right now so expect an updated list this year.



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