

Positive emotions

Empathy	<u>Sympathy</u> You want to put yourself in someone else's shoes to understand their distress	<u>Kindness</u> The urge to contribute or protect someone else's well-being	<u>Respect</u> To regard someone as good, worthy, or valuable
Affection	<u>Love</u> The feeling that you love and care for someone	<u>Admiration</u> The feeling of praising someone for their value or performance	<u>Dreaminess</u> Enjoying a calm state with inner thoughts
Aspiration	<u>Lust</u> The feeling of sexual desire	<u>Desire</u> The feeling of a strong attraction to have or enjoy something	<u>Worship</u> The urge to idolize and honour someone
Enjoyment	<u>Euphoria</u> Being carried away by an overwhelming experience of intense joy	<u>Joy</u> To be pleased by something or a desired event	<u>Amusement</u> Enjoyment of a playful state of humour or entertainment
Optimism	<u>Hope</u> The belief that something good or desired can happen	<u>Anticipation</u> Waiting for something you have desired	
Animation	<u>Surprise</u> To be pleased by something that happened suddenly or unexpectedly	<u>Energized</u> To enjoy a high-spirited state of having energy or feeling vitalized	
Assurance	<u>Courage</u> To experience mental or moral strength to persevere or withstand danger or difficulties	<u>Pride</u> To experience an enjoyable self-worth or achievement	<u>Confidence</u> To believe in yourself or your abilities to achieve or do good
Interest	<u>Inspiration</u> An overwhelming feeling of creative impulse	<u>Enchantment</u> To be captivated by something that is experienced as delightful or extraordinary	<u>Fascination</u> The urge to investigate or understand something

Gratification	<u>Relief</u> To enjoy the recent removal of stress or discomfort	<u>Relaxation</u> To enjoy a calm state of being free from mental or physical tension or concern	<u>Satisfaction</u> To enjoy the recent fulfilment of a need or desire
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Source: Yoon, Jay & Pohlmeier, Anna & Desmet, Pieter. (2013). Embodied Typology of Positive Emotions: The Development of a Tool to Facilitate Emotional Granularity in Design.