

TOOL

# The Core Emotions

---



This product is the intellectual property of Elena Aguilar and Bright Morning.  
Unauthorized use, reproduction, or distribution is prohibited.

# The Core Emotions

## **Purpose**

This tool helps you and your client explore emotions with greater precision, so you can better understand what's underneath a situation and respond more intentionally.

## **When to Use**

Use this tool when emotions are present but unclear, when a client is speaking in generalities (e.g., "I'm stressed" or "I'm frustrated"), or when you want to deepen awareness of how feelings are shaping thoughts, behaviors, and decisions.

## **How to Use It**

Scan the list of emotions and identify what resonates. You might offer a few possibilities to help them get more specific. This is one of the core Transformational Coaching tools. We recommend keeping a copy in your coaching notebook. This is one to laminate!

# The Core Emotions

Core Emotion	Fear	Anger	Sadness	Shame
Common Labels for This Emotion	Agitated Alarmed Anxious Apprehensive Concerned Desperate Dismayed Dread Fearful Frightened Horrified Hysterical Impatient Jumpy Nervous Panicked Scared Shocked Shy Tense Terrified Timid Uncertain Uneasy Worried	Aggravated Agitated Annoyed Antagonized Bitter Contemptuous (other than for self) Contentious Contrary Cranky Cruel Destructive Displeased Enraged Exasperated Explosive Frustrated Furious Hateful Hostile Impatient Indignant Insulated Irate Irritable Irritated Mad Mean Outraged Resentful Scornful Spiteful Urgent Vengeful	Alienated Anguished Bored Crushed Defeated Dejected Depressed Despairing Despondent Disappointed Discouraged Disheartened Dismayed Dispirited Displeased Distraught Down Dreary Forlorn Gloomy Grief-stricken Hopeless Hurt Insecure Isolated Lonely Melancholic Miserable Mopey Morose Neglected Oppressed Pessimistic Pitiful Rejected Somber Sorrowful Tragic Unhappy	Besmirched Chagrined Contemptuous (of self) Contrite Culpable Debased Degraded Disapproving Disdainful Disgraced Disgusted (at self) Dishonored Disreputable Embarrassed Guilty Hateful Humbled Humiliated Improper Infamous Invalidated Mortified Regretful Remorseful Repentant Reproachful Rueful Scandalized Scornful Sinful Stigmatized

From *The Onward Workbook: Daily Activities to Cultivate Your Emotional Resilience and Thrive* by Elena Aguilar.  
 Copyright © 2018 by Elena Aguilar. Reproduced by permission.

# The Core Emotions

Core Emotion	Jealousy	Disgust	Happiness	Love
Common Labels for This Emotion	Competitive Covetous Deprived Distrustful Envious Greedy Grudging Jealous Overprotective Petty Possessive Resentful Rivalrous	Appalled Dislike Grossed out Insulted Intolerant Nauseated Offended Put off Repelled Repulsed Revolted Revulsion Shocked Sickened Turned off	Agreeable Amused Blissful Bubbly Cheerful Content Delighted Eager Ease Elated Engaged Enjoyment Enthusiastic Euphoric Excited Exhilarated Flow Glad Gleeful Glowing Gratified Harmonious Hopeful Interested Jolly Joyful Jubilant Lighthearted Meaningful Merry Optimistic Peaceful Warm Pleasure Pride Proud Relieved Relish Satisfied Thrilled Triumphant Up Zealous	Acceptance Admiration Adoring Affectionate Allegiance Attached Attraction Belonging Caring Compassionate Connected Dependent Desire Devoted Empathetic Faithful Friendship Interested Kind Liking Passionate Protective Respectful Sympathetic Tender Trust Vulnerable Warm

From *The Onward Workbook: Daily Activities to Cultivate Your Emotional Resilience and Thrive* by Elena Aguilar.  
Copyright © 2018 by Elena Aguilar. Reproduced by permission.

WHAT'S NEXT

# Keep Learning with Bright Morning



Join [The Art of Transformational Coaching Workshop](#).

Unlock the conversations—and the change—your organization needs most.

- Turn even a 15-minute conversation into a catalyst for change.
- Build confidence through clear frameworks, live practice, and targeted feedback that turns uncertainty into expertise.
- Gain practical strategies to ensure every child gets what they need, every day.



And for an entire year of on-demand support, join our [Coaching Lab](#).

Transformational Coaching at your fingertips.

- Access proven coaching strategies exactly when you need them, 24/7.
- Develop your unique coaching style with personalized feedback and guidance.
- Eliminate isolation by joining a professional community of coaches facing similar challenges and finding success.

Curious what this could look like for your team?  
Schedule your [complimentary consultation](#).

