

## Love, Fear, and Emotions

There are two basic emotions that are the root foundation of all other emotions: Love and Fear.

Every emotion has an opposite emotion that stems from its opposite root emotion. It is the varying degrees of these two emotions that lead to secondary descriptions and classifications. Once you realize this, it makes it easier to interpret your emotions, and what they mean for you.

Note: Ambivalence is having two conflicting emotions at the same time, or being caught between two emotions.

Love-based Emotions (positive)		Fear-based Emotions (negative)	
Love: feeling of intense unconditional affection, fondness, passion, or affinity.		Fear: feeling, belief, or aversion to someone or something that is dangerous, threatening, or likely to cause pain. Often accompanied by physical reactions.	
Emotion	Description /Associated Emotions.	Emotion	Description /Associated Emotions.
<b>Happiness/Hope</b>	True happiness is experienced when there is a complete letting go of expectation. Joy, amusement, ecstasy, pleasure, euphoria, bliss, elation, delight	<b>Sadness/Grief</b>	Fear that something is wrong, or not what it should be. Holding on to things that did not meet your expectations. Regret, remorse, melancholy, loss, depression, unhappiness, misery, gloom, despair, doubt, hopelessness, insecurity, suffering, disappointment
<b>Acceptance</b>	A state of non-judgment, self-acceptance, confidence, belief, cooperation, non-aggression, content, comfort, relief	<b>Anger</b>	Fear of the unknown. Judgment that things should be different than what they are. Feeling of being wronged, offended, or denied. Rage, fury, wrath, bitterness, irritation, agitation, frustration, aggravation, grouchiness, doubt, self-doubt, resentment, aggression, competitiveness
<b>Empathy</b>	Ability to identify with others. affection, pity, sympathy, compassion, kindness, desire	<b>Apathy</b>	Fear of love. Lack of concern for others. Hatred, contempt, disdain, indifference, scorn, loathing, resentment, disgust, animosity, hostility
<b>Certainty</b>	Anticipation of good things. Excitement, tranquility, underwhelmed, untroubled, relaxed, inner strength, faith	<b>Uncertainty</b>	Fear of the unknown. Wariness, doubt, overwhelmed, troubled, anxious, apprehension, distress, dread, tenseness, uneasiness, worry, stress
<b>Community</b>	Feeling of being part of a group that shares a common interest. Connected, support, help, caring, togetherness, controlled	<b>Abandonment</b>	Fear of being eternally forsaken. Isolation, desertion, neglect, alienation, loneliness, uncontrolled
<b>Honor</b>	Integrity in one's belief's and actions. Honest, innocence, respect, trust, humility, forgiveness, respect	<b>Shame</b>	Fear of pain and consciousness. Dishonest, guilt, jealousy, envy, distrust, embarrassment, humiliation, condemnation, disrespect, disgrace
<b>Wonder</b>	Gratitude for life. Surprise, astonishment, amazement, calm, controlled	<b>Horror</b>	Fear of death. Alarm, fright, mortification, panic, shock, terror, hysteria, torment, disbelief