

# WHAT DO YOU GET WHEN YOUR EMOTIONS COMBINE?

PART 2

Naming your emotions is an important skill of self-awareness



ANXIETY

ENNUI

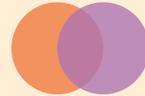
EMBARRASSMENT

FEAR

ENVY



ANXIETY



apprehension

unease

distress

panic

jealousy



ENNUI



restlessness

apathy

alienation

desperation

longing



EMBARRASSMENT



nervousness

indifference

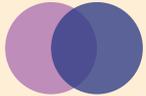
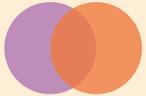
shame

mortification

inferiority



FEAR



alarm

paranoia

dread

terror

scarcity



ENVY



insecurity

discontent

resentment

vulnerability

bitterness