

**LIST OF EMOTIONS (compiled by Marshall Vandruff in response to Don Richardson's Acting & Directing classes)**• **POSITIVE:**

admiration > adoration > infatuation > love  
 desire > longing > hope > ambition > determination  
 fascination > amazement > awe > reverence > serenity > wonder  
 pity > compassion  
 contentment > joy >  
 tranquility > exaltation  
 exhilaration > glee > bliss > ecstasy > rapture  
 mischief

• **NEGATIVE:**

anger > rage  
 guilt > shame  
 anxiety > fear > terror  
 indignation > outrage  
 embarrassment > humiliation  
 spite > defiance > contempt > hatred  
 regret > remorse > dismay > despair  
 boredom > indifference > apathy  
 sadness > grief  
 anguish; agony; disillusionment  
 disgust > revulsion > horror  
 greed > envy > jealousy  
 frustration > aggravation > exasperation > desperation > panic > hysteria  
 loneliness; dread; hopelessness;  
 lust

• **POS VS. NEG (related opposites)**

Curiosity (pos) vs. Suspicion (neg)  
 Anticipation vs. Apprehension  
 Wonder vs. Bewilderment  
 Eagerness vs. Anxiety  
 Pride (conceit) vs. Pride (celebration)

- **STATE OR QUALITY** (not emotions but the result of emotions): annoyance; irritation; nervousness; confusion; depression; worry; paranoia; resentment; laziness; innocence; assurance; disbelief; surprise; shock; astonishment; degradation; vanity; self-righteousness; confidence; obsession; passion; conviction; revenge.

**TO ACTORS:** If unsure of the name of the emotion, find the location in the core of the body (torso or head).  
 If at extremities (nervousness, innocence) it's not an emotion, it's the result of an emotion (fear, contentment).

**Character emotions color the scene.**

*Consider the characters' emotions as obstacles:*

To make a good impression / fear  
 To keep my cool / terror  
 To hide my crush / infatuation

*Consider ironic emotions:*

To show my gracefulness / desperation  
 To express the gravity of the decision / boredom (Judge in *Twelve Angry Men*)  
 To show my superiority / bliss (Jake in *Raging Bull* after being beaten severely)  
 To punish him / glee (Little Bill in *Unforgiven* as he prepares to beat English Bob)  
 To sort this out / exhilaration (Lily in *Baby Face* as she sees her father killed)

*Consider non-obvious emotions that happen in life and make stories interesting:*

To show my wisdom / bewilderment  
 To protect myself / mischief  
 To woo him / contempt  
 To end the argument / joy