

|                |            |            |                           |                  |
|----------------|------------|------------|---------------------------|------------------|
| <b>B</b>       | <b>I</b>   | <b>N</b>   | <b>G</b>                  | <b>O</b>         |
| relief         | admiration | boredom    | interest                  | empathic<br>pain |
| anxiety        | pride      | excitement | aesthetic<br>appreciation | guilt            |
| nostalgia      | sadness    | FREEBIE    | amusement                 | craving          |
| disappointment | joy        | disgust    | confusion                 | envy             |
| calmness       | anger      | fear       | satisfaction              | awkwardness      |

| B              | I                         | N                | G           | O          |
|----------------|---------------------------|------------------|-------------|------------|
| sadness        | aesthetic<br>appreciation | interest         | anxiety     | excitement |
| boredom        | satisfaction              | empathic<br>pain | anger       | guilt      |
| disappointment | amusement                 | FREEBIE          | craving     | admiration |
| confusion      | fear                      | relief           | awkwardness | joy        |
| disgust        | envy                      | nostalgia        | pride       | calmness   |

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| anger     | fear           | aesthetic<br>appreciation | envy         | amusement        |
| relief    | disappointment | disgust                   | pride        | empathic<br>pain |
| nostalgia | awkwardness    | FREEBIE                   | joy          | confusion        |
| sadness   | guilt          | interest                  | satisfaction | boredom          |
| craving   | admiration     | excitement                | anxiety      | calmness         |