

E-MOTION TEMPLATE MATRIX CHART

JOY
Sanguinic
- 1 -

- 1.5 1. exhilarated
- 2. electrified
- 3. audacious
- 4. magnanimous
- 5. chivalrous
- 6. brilliant
- 7. symbiotic
- 8. gracious
- 9. blissful
- 10. heroic

1.4

- 1. enthusiastic
- 2. passionate
- 3. proud
- 4. charitable
- 5. ardent
- 6. dazzling
- 7. civic-minded
- 8. courteous
- 9. charismatic
- 10. powerful

1.3

- 1. buoyant
- 2. vigorous
- 3. optimistic
- 4. generous
- 5. playful
- 6. witty
- 7. democratic
- 8. tolerant
- 9. sanctified
- 10. authoritative

1.2

- 1. affable
- 2. lively
- 3. confident
- 4. hospitable
- 5. game
- 6. humorous
- 7. liberal
- 8. kind
- 9. lawful
- 10. assertive

1.1

- 1. content
- 2. keen
- 3. positive
- 4. accomm-ing
- 5. in the mood
- 6. sincere
- 7. permissive
- 8. sensitive
- 9. benign
- 10. competent

Outwardly
Directed
Agency

Inwardly
Directed
Agency

Positive
Affect

Negative
Affect

SERENITY
Phlegmatic
- 4 -

4.5

- 1. nirvanic
- 2. enthralled
- 3. entranced
- 4. tantric
- 5. sublimated
- 6. luminous
- 7. communal
- 8. transcendent
- 9. Delphic
- 10. Buddha-like

4.4

- 1. high
- 2. meditative
- 3. self-mastery
- 4. ecstatic
- 5. enraptured
- 6. dazzled
- 7. paternal
- 8. universalist
- 9. prophetic
- 10. revered

4.3

- 1. serene
- 2. sedate
- 3. sage
- 4. worshipful
- 5. observant
- 6. exhortatory
- 7. righteous
- 8. moralistic
- 9. awesome
- 10. celebrated

4.2

- 1. cool
- 2. poised
- 3. stoic
- 4. grateful
- 5. vigilant
- 6. didactic
- 7. dutiful
- 8. ethical
- 9. dauntless
- 10. honored

4.1

- 1. calm
- 2. patient
- 3. equanimous
- 4. obliged
- 5. guarded
- 6. earnest
- 7. moderate
- 8. conscientious
- 9. unawed
- 10. esteemed

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2.1

- 1. bothered
- 2. irritable
- 3. brash
- 4. reserved
- 5. cross
- 6. testy
- 7. strict
- 8. insensitive
- 9. tricky
- 10. bossy

2.2

- 1. annoyed
- 2. agitated
- 3. overconfident
- 4. suspicious
- 5. rough
- 6. cynical
- 7. harsh
- 8. unkind
- 9. devious
- 10. dominant

2.3

- 1. frustrated
- 2. high-strung
- 3. egocentric
- 4. jealous
- 5. callous
- 6. acerbic
- 7. exploitative
- 8. intolerant
- 9. ominous
- 10. authoritarian

2.4

- 1. enraged
- 2. virulent
- 3. narcissistic
- 4. malicious
- 5. cruel
- 6. sarcastic
- 7. oppressive
- 8. vindictive
- 9. deviant
- 10. autocratic

2.5

- 1. infuriated
- 2. rabid
- 3. manic
- 4. savage
- 5. sadistic
- 6. sardonic
- 7. vicious
- 8. wrathful
- 9. devilish
- 10. dictatorial

3.1

- 1. blue
- 2. disaffected
- 3. shy
- 4. abashed
- 5. blase
- 6. insincere
- 7. uninvolved
- 8. asocial
- 9. timid
- 10. lowly

3.2

- 1. sad
- 2. tired
- 3. discouraged
- 4. withdrawn
- 5. alarmed
- 6. solicitous
- 7. overtaxed
- 8. estranged
- 9. daunted
- 10. subordinate

3.3

- 1. anxious
- 2. exhausted
- 3. pessimistic
- 4. embarrassed
- 5. guilt-ridden
- 6. obsequious
- 7. exploited
- 8. alienated
- 9. overawed
- 10. subservient

3.5

- 1. terrified
- 2. paralyzed
- 3. depressive
- 4. savaged
- 5. masochistic
- 6. unauthentic
- 7. vitiated
- 8. desperate
- 9. bedeviled
- 10. crucified

- 2 -
ANGER
Choleric

- 3 -
FEAR
Melancholic