A NATURAL HISTORY OF FEELING

ALL THE FEELS

A Taxonomy of Every Human Emotion & Sensation

FEELINGS

KINGDOM	PHYLUM	FEEL
KINGDOM I — **Body Maintenance**	Inputs & Outputs	1 The Need to Breathe
		2 Hungry
		3 Full
		4 Thirsty
		5 Gassy
		6 The Need to Poop
		7 The Need to Pee
		8 Sleepy
	Damage Control	9 Nauseous
		10 The Urge to Sneeze
		11 The Urge to Cough
		12 Dizzy
		13 Fatigued
		14 Pain
KINGDOM II — **External Dangers & Opportunities**	Danger	15 Disgusted
		16 Itchy
		17 Tickled
		18 Over-Stimulated
		19 Too Hot & Too Cold
		20 Afraid
		21 Anxious
		22 Panic
	Opportunities	23 Sensory Pleasures
		24 Aesthetic Pleasures
		25 Piquancy (Spiciness)
		26 Fun & Excitement
		27 Orgasm
KINGDOM III — **Social World**	Loved Ones	28 Love (Romantic)
		29 Love (Family)
		30 Grief
		31 Missing Someone
		32 Aroused (Sexually)
	Alliances & Cooperation	33 Liking as a Friend
		34 Empathy
		35 Compassion
		36 Grateful
		37 Pleasure From Helping
		38 Trustful & Distrustful
		39 Depressed
	Competition	40 Angry
		41 Envious
		42 Jealous — Romantic/Sexual
		43 Jealous — Friendship
		44 Hatred
		45 Contempt
		46 Resentment
		47 Proud
		48 Amused
	The Group	49 A Sense of Belonging
		50 Lonely
		51 Judgy — The Moral Sense
		52 Admiration
		53 Embarrassed
		54 Shame
		55 Guilt
	Moods & Benchmarks	56 Sad
		57 Happy
		58 Joy & Euphoria
KINGDOM IV — **Mind**	Attention	59 Effort
		60 Focused / In Flow
		61 Boredom
		62 Distracted
		63 Impatience
		64 Curiosity
		65 Surprise
		66 Awe
	Epistemic / Metacognitive States	67 Skeptical / Doubtful
		68 The Feeling of Knowing
		69 Confusion
		70 Frustration
		71 Uncertain / Certain
		72 Understanding
		73 Inspired
		74 Satisfied
KINGDOM V — ***Monera***	*Supernormal Stimuli & Hacks*	*Artificial sweetness* — *sugar, but 200×*
		Pornography
		Video-game flow
		AI companionship
		Drug highs
		Phantom-limb pain — *a limb that isn't there*
		Dreaming
	Minor Feels & Oddballs	*Pun pain*
		Schadenfreude
		Cute crushing — *gigil*
		The urge to yawn
	Extremes, Combinations & Relatives	*Rage* — *anger, maxed*
		Outrage — *moral judgment, maxed*
		Infatuation — *attraction, maxed*
		Wonder — *a cousin of awe*
		Humiliation — *embarrassment ++*
		Sheepish — *embarrassment, lite*
		Vulnerable — *fear + anxiety + sadness*
		Validated — *pride, past-focused*
		Pity — *empathy + a dash of contempt*
		Delight — *surprise + happiness*
		Disappointment — *optimism's hangover*
		Indignant — *judgment + anger + resentment*
		Vigilant — *focus + anxiety*
	Temporal Feels	*Foreboding*
		Déjà vu
		Fear of missing out — *FOMO*
		Nostalgia
	Final Feels	*Anticipation*
		Elevation
		Hope