

Dan & Tasha Tonning, 2018 (DBT Skills Application (Peers Helping Peers)

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## Combinations & Opposites A mixture of any two primary emotions may be called a dyad. Secondary Emotions **OPPOSITES** [sometimes felt] [often felt] [seldom felt] iov trust joy sadness love guilt delight conflict disgust trust trust sadness trust trust submission curiosity sentimentality conflict sadness fear disgust alarm despair shame conflict surprise anticipation surprise sadness surprise disgust surprise anger disappointment conflict outrage sadness disgust sadness anticipation remorse envy pessimism disgust anticipation disgust disgust joy contempt cynism morbidness anger anticipation trust pride aggression dominance anticipation joy anticipation trust anticipation fear optimism fatalism anxiety