

What Are The Top 10 Positive Emotions?

[By Kari Henley](#) – Huffington Post

Dr. Fredrickson's came up with a top 10 list of positive emotions, in order of most frequent to least. Allow yourself an opportunity to scroll through the list and ask yourself, "*When did I last fully experience this emotion?*" The answers may surprise you.

Joy

Joy happens in an instant — a perfect moment captured when all is just exactly as it should be. Think of a wonderful holiday morning with the family, an unexpected present that delights you, or seeing the first smile on your infant's face. *What brings you Joy?*

Gratitude

Gratitude is a moment of realizing someone has gone out of their way for you, or simply feeling overwhelmed with your heart opening, after being moved in some way. With gratitude comes a desire to give in return or 'pay it forward' in some way. *When did you last experienced deep Gratitude?*

Serenity

Serenity is like a mellow, relaxed, or sustained version of Joy. Serenity is a peacefulness that comes on a cloudless day, when you realize there's nothing you have to do. Serenity is indulging in a favorite luxury, and being mindful enough to take it in. Serenity is the moment on vacation when you finally let go. *Has Serenity crossed your door lately?*

Interest

Interest is a heightened state that calls your attention to something new that inspires fascination, and curiosity. Like a shiny new toy to capture your imagination, interest is alive and invigorating. Interest wakes you up, and leaves you wanting more. *What Interests you these days?*

Hope

Dr. Fredrickson describes it best: "Unlike other emotions that arise out of comfort and safety, hope springs out of dire circumstances, as a beacon of light. Deep within the core of hope is the belief that things can change, turn out better. Possibilities exist. Hope sustains you and motivates you to turn things around." The inauguration of President Obama brought me Hope. *What brings you Hope?*

Pride

Ever done something really well that took a little time and effort? Maybe you reached a goal you never thought was attainable? Then pat yourself on the back with unadulterated Pride. Stand back, take that deep breath and let it in — you earned it. *What have you done that made your proud?*

Amusement

Think of amusement as those delightful surprises that make you laugh. It's those unexpected moments that interrupt your focus and crack you up. It's a great feeling to have amusement sparkle out of the doldrums and instantly change your perspective. *Have you had any amusement in your life recently?*

Inspiration

Inspiration is a moment that touches your heart and nearly takes your breath away — or takes *in* your breath, as the word literally translates. Inspiration whispers between the strands of your hair, as you watch a perfect sunset, witness academic or athletic excellence, or observe unexpected triumphs over adversity. *What brings Inspiration in your life?*

Awe

Awe happens when you come across goodness on a grand scale, and you feel overwhelmed by greatness. Awe is triggered when we are faced with the vastness of Nature, or the cosmos. Gazing at the Milky Way and counting the stars, or standing at the top of the Grand Canyon triggers awe. *Have you had a moment of awe lately?*

Love

Guess what? The list is rigged. Actually, the #1 most frequent positive emotion is here at the bottom. Love encompasses all of the above: joy, gratitude, serenity, interest, hope, pride, amusement, inspiration and even awe. Love is all that and more. When we experience love, our bodies are flooded with the “feel good” hormones that reduce stress and even lengthen our lives.