

Mood swings

Periods of
intense
euphoria or
irritability

Bipolar Disorder

Sadness or
hopelessness

Excessive worry

Tension

Fear

Generalized Anxiety Disorder

Restlessness

Feeling
overwhelmed

Intense fear of
embarrassment

Self-
consciousness

Shame

Social Anxiety Disorder

Anxiety

Dread in social
situations

Sudden feelings of
terror

Fear of losing
control

Panic Disorder

Helplessness

Dread in social
situations

Extreme fear

Avoidance

Specific Phobias

Panic

Dread

Sadness

Fear of being
away from loved
ones

Separation Anxiety Disorder

Insecurity

Anxiety

Sadness

Fear of being
away from loved
ones

Separation Anxiety Disorder

Insecurity

Anxiety

Hopelessness

Deep sadness

Major Depressive Disorder

Irritability

Worthlessness

Guilt

Lack of
interest

• Ongoing low-grade
sadness

Pessimism

Persistent Depressive Disorder

Irritability

Frustration

• Ongoing low-grade
sadness

Pessimism

Persistent Depressive Disorder

Irritability

Frustration

Anxiety

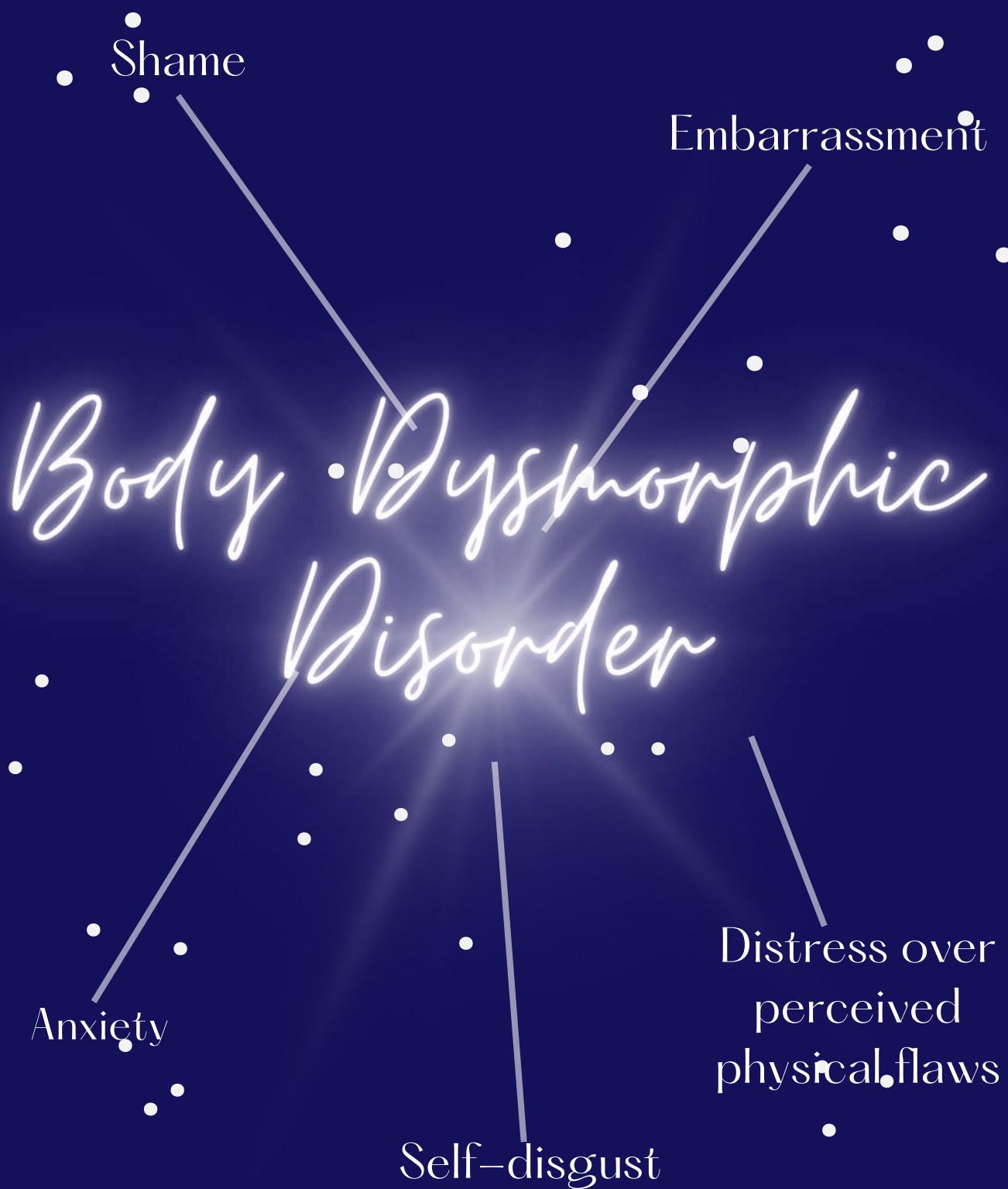
Fear

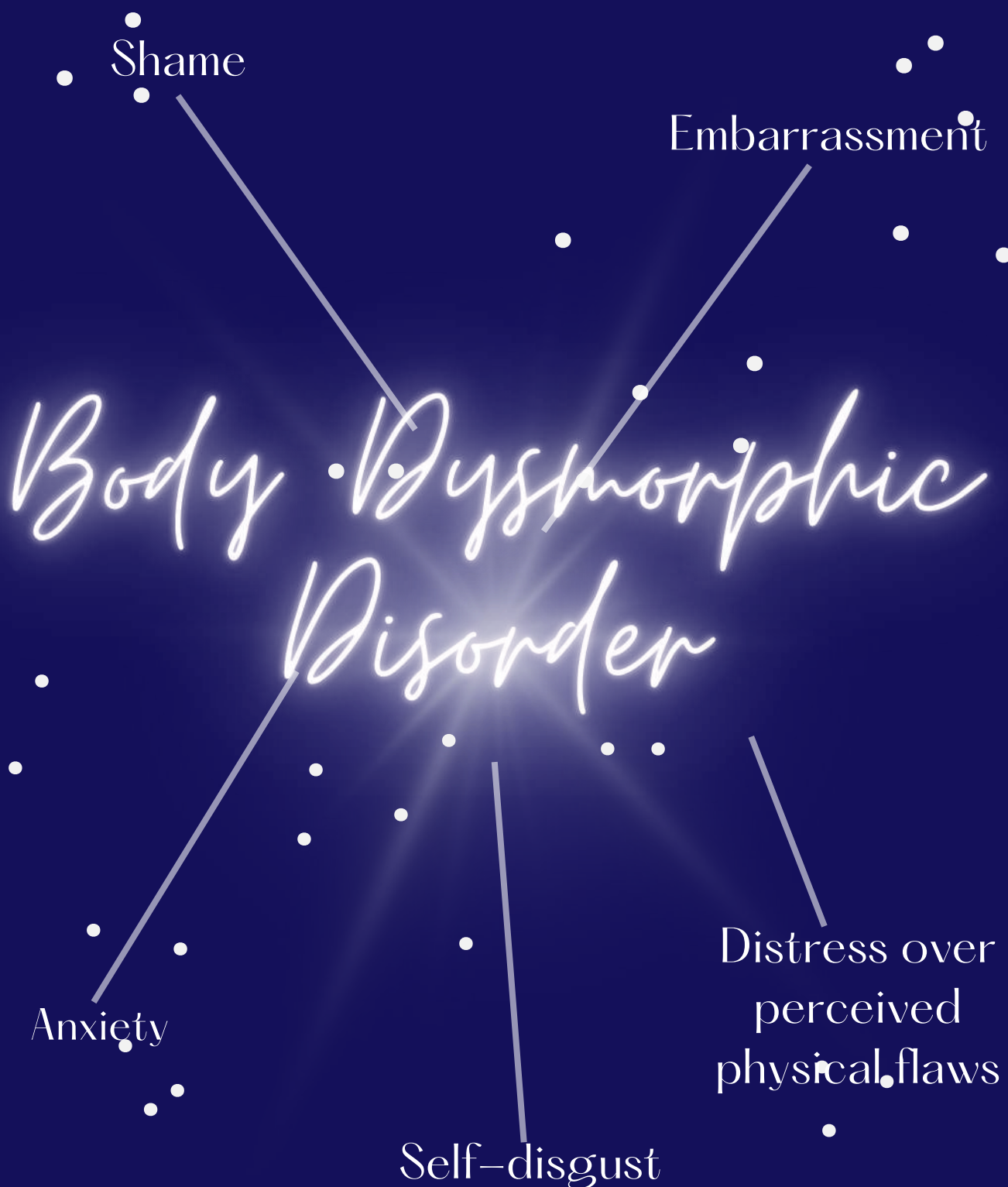
Obsessive- Compulsive Disorder

Guilt

Frustration

Shame from
unwanted
repetitive
thoughts or
behaviors





Post-Traumatic Stress Disorder

```
graph TD; PTSD[Post-Traumatic Stress Disorder] --- Fear; PTSD --- Anger; PTSD --- Hypervigilance; PTSD --- Nightmares; PTSD --- Guilt; PTSD --- EmotionalNumbness[Emotional numbness]; PTSD --- Sadness;
```

Fear

Anger

Hypervigilance

Nightmares

Guilt

Sadness

Emotional
numbness

Sadness

Anxiety

Adjustment Disorders

Frustration

Difficulty
coping with
life changes

Feeling
overwhelmed

Restlessness

Impatience

Attention- Deficit/Hyperacti- vity Disorder

Frustration

Boredom

Irritability

Low self-
esteem

Frustration

Confusion

Autism Spectrum Disorder

Emotional
outbursts

Difficulty
understanding

Social cues

Sensitivity to
sensory inputs

Intense emotions

Fear of
abandonment

Borderline Personality Disorder

Anger

Feelings of
emptiness

Impulsiveness

Fear of rejection

Anxiety

Avoidant Personality Disorder

Sadness

Loneliness

Extreme
sensitivity to
criticism

Embarrassment

Shame

Vulnerability

Narcissistic Personality Disorder

Anger

Irritation

Anxiety when
self-image is
challenged

Occasional
euphoria from
perceived
achievements

Fear of gaining weight

Guilt

Anorexia nervosa

Anxiety

Sadness

Shame

Distorted self-
image

Guilt

Shame

Bulimia nervosa

Sadness

Anxiety

Fear of loss of
control

Relief (after
purging)



Guilt

Shame

Binge-Eating Disorder

Self-disgust

Temporary
relief or
pleasure
during binge-
eating
episodes

Anxiety

Fear

Avoidant Food Intake Disorder

Sadness

Frustration

Loss of
interest in food

Guilt

Shame

Substance Use Disorders

(e.g., alcohol, cannabis, and
other drugs)

Anxiety

Sadness

Frustration

Relief or
temporary
euphoria

Guilt

Shame

Gambling Disorder

Anxiety

Excitement

Frustration

Hopelessness



Anger

Irritability

Oppositional Defiant Disorder

Frustration

Annoyance

Defiance

Anger

Aggression

Conduct Disorder

Irritability

Lack of guilt or
remorse (in
some cases)

Defiance

Intermittent Explosive Disorder



```
graph TD; A[Anger] --- C(( )); G[Guilt] --- C; I[Irritability] --- C; R[Regret after episodes of aggression] --- C; E[Embarrassment] --- C; C --- H[Intermittent Explosive Disorder];
```

Anger

Guilt

Irritability

Regret after
episodes of
aggression

Embarrassment

Confusion

Fear

Dissociative Identity Disorder

Sadness

Anxiety

Emotional
detachment

Emotional numbness

Confusion

Depersonalization Derealization Disorder

Fear

Anxiety

Detachment
from reality or
self

Gender Dysphoria in Adolescents

```
graph TD; A[Gender Dysphoria in Adolescents] --- B[Sadness]; A --- C[Anxiety]; A --- D[Fear of rejection]; A --- E[Isolation]; A --- F[Frustration]; A --- G[Distress]
```

Sadness

Anxiety

Fear of
rejection

Isolation

Frustration

Distress



Hopelessness

Sadness

Suicidal Ideation and Behavior

Detachment

Emptiness

Despair

Loneliness

