BIG Feelings

Defining Disgust

Ridicule
Mocking or belittling someone with scorn, often to embarrass or humiliate

Appalled
Deeply shocked or horrified by something disturbing or morally offensive

Contempt
Deep disrespect or scorn toward something seen as inferior or unworthy

Disdain
A sense of superiority, rejecting something or someone as unworthy of respect

Displeased
A mild to moderate dissatisfaction or annoyance, often due to unmet expectations

Disappointed
Sadness or letdown when hopes, expectations, or desires are not fulfilled

DISGUST
A strong feeling of aversion or disapproval toward something unpleasant, offensive, or morally unacceptable

Disapproving
Critically judging someone or something as wrong, inappropriate, or unacceptable

Repelled
A strong urge to escape or avoid something highly unpleasant or intolerable

Awful
An intense emotional reaction to something deeply unpleasant, shocking, or distressing

Judgmental
Harshly or excessively critical, often based on personal bias rather than objectivity

Embarrassed
Feeling self-conscious, exposed, or uncomfortable due to real or perceived judgment

Repulsed
Feeling mentally or emotionally pushed away by something offensive, disgusting, or morally unacceptable

Hesitant
A reluctance to act due to uncertainty, discomfort, or doubt

Detestable
An intense loathing or hatred toward something morally or personally offensive

Nauseated
A physical reaction of sickness or aversion, often triggered by disgust, strong odors, or unpleasant visuals