

Eco-angst/Eco-Anger

eco-emotion

The feeling of anger caused by witnessing the planet's suffering and the lack of action by leaders, establishments, industries, and nations.

Example: Climate activists attacking art museums and disrupting fashion shows to draw attention to the climate crisis.

Eco-grief

eco-emotion

The kind of sadness that manifests as a result of ecological loss in the past, present, or future. It can also stem from one's sense of identity and belonging.

Example: People who witness the consequences of climate change such as forest fires often develop and carry a sense of grief.

Eco-paralysis

eco-emotion

The inability to take effective action for the planet because the level of emotional distress associated with the individual's eco-anxiety is high.

Example: Passive response, hopelessness, and lack of motivation towards climate action.

Eco-guilt

eco-emotion

The feeling of not doing enough at an individual level to save the planet. It stems from the awareness about one's lifestyle choices and actions that are harmful to the planet and may contribute directly or indirectly to climate change.

Example: Being in the presence of someone who seems to be doing more than you - a vegan, someone who drives an electric car, or a climate activist

Climate-dread

eco-emotion

A form of eco-anxiety where your thoughts about climate change are heavily clouded by a strong sense of fear, gloom, and helplessness causing you to be dreadful of the future.

Example: Getting deeply affected by a documentary or a movie that shows the consequences of climate change in the present or future.

Climate-doom

eco-emotion

The feeling of wanting to give up caused by the belief or assumption that we are past the point of no return and nothing can be done to save humanity and the planet now.

Example: Entering a 'doom loop' when the consequences of climate crisis draw focus and resources from tackling its causes, leading to higher temperatures and ecological loss, which then create more severe consequences, diverting even more attention and resources, and so on.

Climate-trauma/Eco-trauma

eco-emotion

The trauma caused by witnessing the abuse and destruction of the natural world. When one sees themselves as a part of the natural world, one can develop a feeling of sharing the trauma of the planet.

Example: Watching the news about ecological disasters and climate change impact and feeling traumatized by it.

Solastalgia

eco-emotion

The anguish, sense of loss, and powerlessness formed as a result of environmental changes affecting one's own beloved place, especially the loss of solace once provided by that environment that the person personally equates to being home.

Example: Visiting one's hometown after it has been affected by a climate change-related impact.

Eco-depression

eco-emotion

The feeling of being due to climate change and its impact around the world. While eco-anxiety and eco-angst are activating emotions that often lead to action or joining the cause in some way, eco-depression is a deactivating emotion.

Example: Feeling hopelessness and apathy towards efforts being made to halt global warming.

Eco-nostalgia

eco-emotion

The feeling of no longer being able to recognize or relate to a place when one returns to it after a long time due to the consequences of developments or disasters caused by climate change.

Example: Traveling to a destination that you visited in the past but this time finding it different and highly affected by climate change.