

# DISGUST RECIPE CARD

## Ingredients

- OFFENSIVE OR REVOLTING OBJECT, PERSON OR BEHAVIOUR
- SMELL, TOUCH, VISION OR TASTE
- ANIMALS AND INSECTS
- BODY FLUIDS AND EXCRETIONS
- BODILY VIOLATION (LIKE BLOOD AND MUTILATION)
- DEATH AND CORPSES DEATH
- SPOILED FOOD
- POOR HYGIENE

## Directions

## Journal Note

## SHOPPING LIST

CONDESCENSION

DERISION

REPULTION

ANTIPATHY

CONTEMPT

DISLIKE

HATE

INDIGNATION

LOATHING

RESENTMENT

REVULSION

SCORN

SPITE

REPEL

AVERSION

ABHORRENCE

ABOMINATION

DETEST

DISDAIN

REVOLT

VILE

DISTASTE

REPUGNANT

SICKENING