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*Varieties of Emotions: A phenomenological Exploration of Guilt, Shame and Despair in Depression and Schizophrenia*

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Phenomenological research in psychopathology and especially in schizophrenia has been blooming in the last decades. Despite this surge of research, phenomenological approaches to emotional experiences in psychiatric disorders have generally attracted less attention. In this article, we focus on the emotional experiences of guilt, shame, and despair due to their differential diagnostic significance in distinguishing schizophrenia from depression/melancholia. First, we offer a simplified, phenomenological description of these emotional experiences and then we explore how they typically manifest in depression/melancholia versus schizophrenia. We conclude that guilt, shame, and despair can indeed be found in both syndromes but that they often manifest in qualitatively distinct ways, reflecting their embeddedness in different psychopathological Gestalts. Awareness of such qualitative differences of emotional experiences may have relevance not only for differential diagnosis but also for psychotherapy of these disorders.