

(IS IT A PRIMARY EMOTION?) CHECK THE FACTS WORKSHEET

The easiest way to figure out whether you are experiencing a primary or secondary emotion is to ask whether the emotion and its intensity fit the facts of the situation.

If your emotion fits the facts it is usually a primary emotion, if it does not fit the facts it is usually a secondary emotion

CHECK THE FACTS

<input type="checkbox"/>	<i>Logical emotion considering the circumstances</i>
<input type="checkbox"/>	<i>One of the BASIC emotions</i>
<input type="checkbox"/>	<i>Emotion intensity fit the situation</i>
<input type="checkbox"/>	<i>First emotion felt</i>
<input type="checkbox"/>	<i>Motivating emotion</i>