

# Differentiating Between Primary and Secondary Emotions

1. Is this emotion a direct reaction to an external event? PRIMARY
2. When the initiating event receded, did the emotions recede? PRIMARY
3. Is the emotion becoming more intense over time? SECONDARY
4. Do you experience the emotion more frequently than the events that prompted the emotion? SECONDARY
5. Does the emotion continue long after the event, interfere with your abilities in the present, and affect new and different experiences? SECONDARY
6. Is the emotion complex, ambiguous, and difficult to understand? SECONDARY

Is it really that important to know the difference between the two? YES

Each type requires very different tools to cope with them effectively.