

Does This Basic Emotion Fit the Facts?

The Emotion ~ <i>fits the facts when:</i>	Physical Reactions:
ANGER <ul style="list-style-type: none"> • Obstacles get in the way of an important goal • Things are not turning out the way you'd hoped • You suffer a loss of power, status, or respect • Your life or that of someone you care about is threatened • You or someone you care about is being attacked or threatened by others • Pain 	<ul style="list-style-type: none"> • Blood rushing to face, flushing or feeling hot • Tight muscles • Clenched Hands • Clamped teeth • Unwanted, uncontrollable tears
FEAR <ul style="list-style-type: none"> • Your life, health or well-being is threatened • The life, health, or well-being of someone you care about is threatened 	<ul style="list-style-type: none"> • Breathlessness; shortness of breath, or rapid shallow breaths • Rapid, racing heartbeat • Lump in throat, Choking sensation, possibly with the urge to scream • Clenched teeth • Tense muscles, cramping • Butterflies in stomach, Nausea • Spine tingling chill; Hairs standing on end, Feeling cold, clammy
JOY <ul style="list-style-type: none"> • You get something you want, worked hard for, or worried about • Reality exceeds your expectations • You Achieve a desirable outcome, Success • You are accepted by others, belong with Them • You receive love, affection, respect, or praise from another 	<ul style="list-style-type: none"> • Physical energy • Face flushing • Overall warmth • Relaxed muscles • Sensation of lighter weight
SADNESS <ul style="list-style-type: none"> • You irretrievably lose something or someone • A loved one dies; You are separated from someone you love • Things are worse than you expected • You are not getting what you have worked for or what you believe you need in life • Someone rejects, disapproves of, or excludes you • You are powerless or helpless • Someone you love is sad or suffering 	<ul style="list-style-type: none"> • Emptiness • Pain or hollowness in your chest or gut • Difficulty swallowing • Breathlessness • Dizziness • Tiredness, listlessness, weakness, loss of energy • Strong desire to cry • Feeling additional weight, heaviness

Does This Basic Emotion Fit the Facts? (continued)

The Emotion ~ <i>fits the facts when:</i>	Physical Reactions:
<p>DISGUST</p> <ul style="list-style-type: none"> • You have any contact with (seeing, touching, smelling, or tasting) anything that is repelling or seems “unclean” • You are exposed to feces, urine, blood, a corpse, a filthy person or animal • You have to touch something owned and used by a stranger, dead person, or someone you dislike • Observing or hearing about cruelty, abuse, oppression, betrayal, or deep violations of your Values • Exposed to unwanted sexual contact 	<ul style="list-style-type: none"> • Dizziness, fainting • Having a lump in your throat • Aversion to drinking or eating • Nausea, vomiting, gagging, choking • Feeling contaminated, dirty, unclean or mentally polluted
Those below are considered basic emotions by some:	
<p>LOVE</p> <ul style="list-style-type: none"> • You have exceptionally good communication with a person • You spend a lot of time with a person • You share a special experience or have fun with a person • A person gives you or does something you want or need, • A person has qualities and traits that you find admirable • You Feel physically attracted to someone 	<ul style="list-style-type: none"> • Energetic, Excited • Fast heartbeat • Feeling warm and secure; calm and relaxed • Desire for that person; mentally, emotionally, and physically • Desire for the time (permanence) and attention of that person • Concern for the wellbeing of that person: • Wishing to bring them happiness
<p>SHAME</p> <ul style="list-style-type: none"> • Others find out about or remind you that you have done something wrong, immoral • You are doing/feeling/thinking something people you admire think is immoral • You are betrayed; • Exposure of things you’d rather keep private, • Public criticism, having your integrity attacked, • Rejection, especially if you expected praise • You feel like you don’t live up to a standard. • You fail at things you know how to do • You are being made fun of • You have physical characteristics you dislike 	<ul style="list-style-type: none"> • Pain in the pit of the stomach • Short of breath • Physically attempting to hide • Slumped or slouched posture, • Covering your face or body • Heavy feeling

If it is a basic emotion, fits the facts, and reasonable intensity level considering the circumstances; it is very likely to be the PRIMARY emotion