

Primary Emotion Worksheet

What is the emotion? _____

What was the event which caused this emotion?

Is it a “basic” emotion?

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

Does it fit the facts of “Justified” for that emotion? _____

Which “fact” for that emotion does it fit? (Handout may help) _____

Which physiological responses did I have that would be expected with this emotion?

Do my answers above indicate that this is a primary emotion? _____