

# EMOTIONS

## WHAT DO THEY WANT TO **TELL ME?**

### SADNESS

Message “We have **lost** something or someone important for us” “We **haven’t achieved** something important for us” “I may not be **capable to cope** with this situation” “I may be **repressing** emotions”

Manifestations: Tears, low-mooded, contrary to out-going, we go “inside ourselves”, less energy and activation

Function: Promotes **introspection** and personal reflection, promotes **social support** and coping with the situation, this state gives us time to balance our **plans and our life goals**, adjusting our life to this loss

Keep an eye on: When sadness comes with **overthinking, self-blame, irritation...** It can be a dangerous combination for depression



### ANGER

Message “This is not how it **should** be” “This is **unjust**” “We have to **defend** ourselves” “There is an **obstacle** to something we want (i.e. there is traffic (obstacle) and i want to arrive early to work (goal))” “I may be **repressing** emotions”

Manifestations: General cognitive activation, lots of energy, strength, more feeling of control

Function: Gives us the necessary energy to cope with the demands of the situation (defending ourselves)

Keep an eye on: The cognitive component of anger is hostility, hostility negatively affects **interpersonal relationships**. Anger is also related to **agresion**. Healthy self-regulation of anger is key to social functioning. Maybe we have very **rigid beliefs** of how things should be.



### JOY

Message “We have **accomplished** something important for us” “Things are going **well** (succes, improvement, respect, love)” “ Our **relationships** are going well”

Manifestations: Joy energizes us, motivates us, makes us more outgoing, openminded, we are optimistic, we feel enthusiastic

Function: Creating **relationships**, **relaxing** function, equilibrates unpleasant emotions and fosters psychological **well-being**, promotes diferentes ways of thinking, different atention focus and with it, **creativity**

Keep an eye on: **Over-attaching** to joy can lead to disappointment and self-blame when it fades, forgetting that all emotions are temporary and part of life



### DISGUST

Message: “**Reject** this object” “Go away from what our culture or body may consider **dangerous** or **dirty**”

Manifestations: Rejection impulse

Function: To **avoid** taking substances (pathogen agents) that may be bad for our **health**

Keep an eye on: Disgust can turn into excessive rejection to certain people or even into **discrimination**



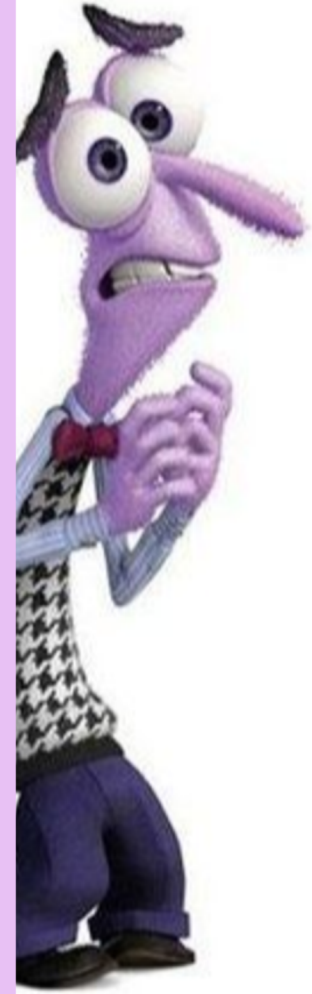
## FEAR

Message “We have to **protect** us now” “We have to **avoid** a danger now” “This situation is **dangerous**” “I **can’t do** a lot to face this threat”

Manifestations: Agitation, sweating, increased heart rate, muscle tension

Function: Protect us from a possible danger by **freezing** or **running away**, motivates to learn new ways of **coping** with the situation

Keep an eye on: Fear can generalize from an immediate danger to **anxiety, worry, anticipatory thoughts...** Its healthy that our fears keeps direct relation with the actual dangers.



## ANXIETY

Message “We have to prepare for something **important** for us which will happen in the **future**” “I may be **losing** something important for me” “I am interpreting **catastrophically** some situation” “We have to prepare and be on **high alert** to protect us from an **imagined fear**”

Manifestations: Agitation, sweating, increased heart rate, muscle tension, dizziness, overthinking, compulsive behaviour, trembling...

Function: **Prepare** us to work for something we **might lose**, protect us from a possible future imagined danger

Keep an eye on: Anxiety can help us to prepare for important things for us (exams, presentations, a date...). However, watch out when you totally **believe** anxiety, its frequency and intensity gets **bigger** and when it starts **restricting** your life



We also have, **SELF-CONSCIOUS EMOTIONS** which arise from the evaluation we do of ourselves

## SHAME

Message: “I didn’t follow the **moral standards** (i.e. hurting others)” “I had an in **incompetent performance** (i.e. failing)”

Manifestations: Facial redness, light muscular tension, mild discomfort, desire to change behaviour, reflection, adjustment in behaviour

Function: It gives us feedback about how well or poorly we are meeting both moral expectations and performance standards to adjust or not our behaviour

Keep an eye on: When we have very **high and strict standards**, excessive **self-evaluation**, shame can come with strong **pain, rumination** and with a **global emotional attack to ourselves**.



## GUILT

Message: “My behaviour towards this person wasn’t good” “My behaviour **hurt** someone”  
“I have to **repair** this damage”

Manifestations: Muscular tension, nervousness, regret, sadness, self-evaluation

Function: Guilt give sus **feedback** of the value and acceptability of our behaviour. Gives us information about a behaviour which we might **consider and change**. Motivates us to repair the damage

Keep an eye on: When we have **strict and self-demanding** standards for our behaviour, guilt can become problematic. Similarly, when we don’t self-reflect on how our behaviour may damage others. It’s healthy to reflect on the extent of our responsibility for what happens

## EMBARRASSMENT

It’s very similar to shame, but it’s related to social errors such as falling down in public. It’s **lighter, temporary and specific**, not leading up to a deep self-reflection

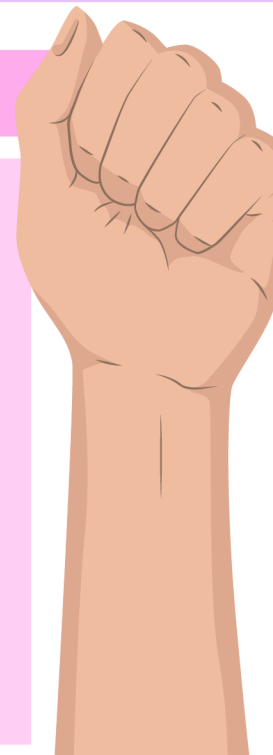
## PRIDE

Message: “I am **achieving/have achieved** what i wanted” ”I am **successful**”  
”This is going well”

Manifestations: I am motivated towards achievment, i feel a healthy **self-esteem**, i feel like being altruistic

Function: It alerts us and others that we deserve **aceptation** and **status** in that specific area

Keep an eye on: Pride can have a dark side, turning into arrogance, narcicism and antisocial behaviour. Keep an eye on **humilty**.



Much more **COMPLEX EMOTIONS**

# ENVY

Message: “This person has something i **want**””This person has an **advantage** over me/better position (a perosnal trait, an accomplishment, something they have)”

Manifestations: Feeling uncomfortable, admiration, inspiration

Function: It comes from social comparison, motivates us to **improve** in what we envy from other (**constructive envy**) but can also make me **negatively judge** the envied person (destructrive envy)

Keep an eye on: Envy can be a **compass** which tells us what we **admire** of others, motivating us to improve our position in that **direction**. In the negative sense, it can be destructive by motivation people to **underestimate** others qualities or accomplishments

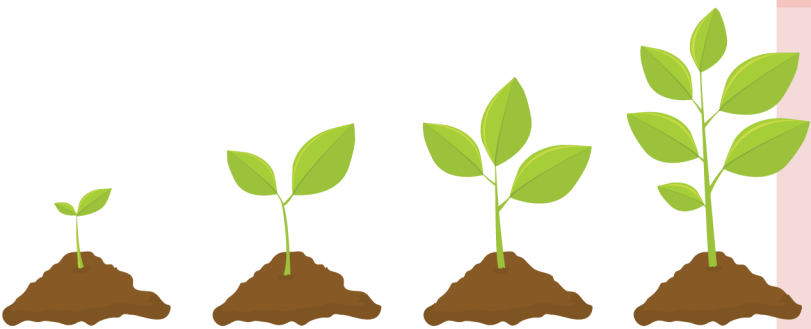


# EMPATHY

Message: “I **feel** what other/s are feeling” (**Emotional** empathy) “I wish that person/s feel/s better””I **understand** his/hers/they perspective” (**Cognitive** empathy)

Function: Empathy promotes **support and cooperation**. Which we need as humans. It also acts as an opposite force to antisocial behaviour or agresion.

Keep an eye on: Understanding others position can lead us to leaving our **needs** to one part justifying it on “our empathy”. Understanding others doesn’t mean leaving our needs or boundaries to one side. On the other side, lack of empathy **weakens** relationships.



# HOPE

Message: “I wish that something that **is important for me** will happen in the future”

Function: Hope motivates the person to be engaged with the goal and committed to it. It an **opposite force** to the feelings of doubt

# GRATITUDE

Message: “I received something **valuable of someone**””I’m detecting **benefits**” “I have benefited from someone’s **prosocial behaviour**”

Function: It reinforces **generosity** to others/community, it fosters **community-based, intimate, and supportive relationships**. promoting satisfaction and pleasant emotions



We have an **specific post** on GRATITUDE **Check it out!**





## DISAPPOINTMENT



Message: “Something that i **expected** didn’t happen” “I am comparing the positive result i expected to what **actually happened**” “I belief it didn’t occur due to the **circumstances/the context/not due to my actions**”

Manifestations: Unpleasant feeling due to the results, **resignation, powerlessness**

Function: Promotes reflexion of “how things would have worked out if it would had happened”, there is no tendency to do something (**no motivation**) since we blame these outcomes to others/the circumstances (wehave a post about **beliefs and atribution!**) !!

Keep an eye on: Responsibility for the results we expect can sometimes lie with others, the context, or circumstances. However, keep an eye on the **tendency to always blame the outside world** without taking **responsibility** for what we can do. This mindset can lead to helplessness. More often than not, we have at **least some control** over the outcomes. Also, keep an eye on **what you expect** and on your **standards**

OOPS...

## REGRET

Message: “Something that i **expected** didn’t happen” “I am comparing the positive result i expected to what **actually happened**” “I belief It didn’t occur due to **my actions or due to my decisions**” “I didn’t do a certain action/the best behaviour/take the best decision” “I wan’t to undo what i did”

Manifestations: I also feel **guilt**, i may feel that i may act more **consciously** next time (healthy regret) or i may feel a lot of guilt or **psychological suffering** (unhealthy regret)

Function: Promotes reflexion of “how things would have worked out if it would had happened”, it promotes **motivation** and **action to revert** the negative outcome caused by one’s actions and **awareness of our behaviour** next time in a similar situation

Keep an eye on: Taking **excessive responsability** over the outcomes (i.e. We may fail an exam due to our lack or **effort**, but also, summed up to the **difficulty** of the exam). It’s not **100% our responsibility**. Acknowledging objectively how much is our responsibility is a healthy way of promoting healthy regret. Also, remember we are **humans**, we make errors and mistakes, some **self-compassion**.



## COMPASSION

Message: “i **feel** his/her’s pain/emotional **pain**” “I wish he/she **feels better**” “I want to **care** of him/her”

Manifestations: Pleasant emotions when focused on the **possible care/soothing we can provide**, unpleasant emotions when we feel overwhelmed by it

Function: Supporting others, taking care of others, helping **reduce** their pain

Keep an eye on: When we focus too much on the **person’s suffering** and not enough on **how we can actively support or help them**. This can lead to us feeling overwhelmed by their pain, which may cause psychological distress and prevent us from offering effective care.



Vicent Ortiz, Psychologist