

Emotions- they serve a purpose and can help us identify *our* experience, underlying beliefs, values, opinions, and thoughts. As human beings, we are thinking *and* feeling beings; to primarily focus on one without the other misses part of our humanity.

Consider that each basic emotion signals a need and has a purpose. It's like a gas gauge; neutral in morality, but it offers important information!

The emotions we feel function in a similar way whether something actually happened or if they were *perceived* as happening.

| Emotion | Signals a Need | Purpose- Gives Energy to... |
|---------|--|-----------------------------|
| Anger | Signals a perceived injustice has occurred. This is a current threat to well-being. Frustration, rage, etc. are under anger. | Protect |
| Lonely | Signals a lack of connection. | Connect |
| Fear | Signals future threat (albeit, maybe VERY near future) that activates fight or flight. Anxiety is a subset of fear. | Fight or Flight |
| Sad | Signals that a loss has occurred (physical, emotional, mental, hope, expectation, etc.). | Grieve |
| Safe | Signals security and that things are "as they should be." | Thrive |
| Happy | Signals accomplishment and success. | Celebrate |
| Guilt | Signals a broken rule, law, or standard. | Correct |
| Shame | Signals human limitations. | Set Boundaries |
| Hurt | Signals a violation or betrayal has occurred. | Heal |

What about jealousy, lust, joy, etc.?

These are more complex experiences. The chart above includes BASIC emotions. They are like the 3 primary colors (red, yellow, blue), though many other colors exist with their combination. Jealousy, for instance, is a complicated emotion. For example, it might be different for one person to the next- jealousy might encompass anger, sadness, and fear for one person, and loneliness, anger, and shame for another.

#1 sign of emotional maturity:

Separate thoughts from emotions. And then use them as an important tool to identify, change, or accept your experience.