What emotions are for

What each emotion tells you and what it gets you ready to do.

Emotions are fast signals that tell you something matters and get your body ready to respond. Having them is not a weakness or a fault.

Emotion	What it is telling me	What it pushes me to do
Fear	Something may be dangerous	Escape, avoid, freeze, get ready
Anger	A boundary has been crossed, or something is unfair	Stand up, push back, protect
Sadness	I have lost something that matters	Slow down, withdraw, seek comfort
Guilt	I have acted against my own values	Put it right, apologise
Shame	I fear being rejected or seen as less	Hide, or try to repair my standing
Disgust	Something could be harmful or contaminating	Move away, reject
Joy	This is good for me	Do more of it, share it
Love	This person or thing matters to me	Move closer, care, protect

Three things emotions do

1. **They inform.** A feeling points to something that needs attention.
2. **They motivate.** Each emotion comes with an urge to act.
3. **They communicate.** Faces, voices and posture tell other people how we are, faster than words.

When emotions cause trouble

- The signal is too strong for the situation.
- The feeling fits an old situation better than the present one.
- We act on the urge without checking the facts.
- We push the feeling down, and it comes back stronger or sideways.

Noticing a feeling without acting on it

You can take in what a feeling is telling you without doing what it urges. Ask: "What is this telling me? Does it fit the facts? What do I want to do about it?"

> **Note**
> No emotion is bad. Some are painful, but each one has a purpose.

My notes and questions

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Feelings check-in

A few times a day, stop and write down what you are feeling.

Name _____ Date _____

Two or three times a day, stop for a moment. What is happening? What do I notice in my body? What is the feeling, and how strong is it?

Day and time	What was happening	What I noticed in my body	The feeling (be exact)	How strong (0 to 10)

What am I noticing about my feelings this week?

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