



Understanding Your Emotions and Feelings

Anger

THIS EMOTION CAN BE EXPRESSED THROUGH FEELINGS OF RAGE, HOSTILITY, HATE BUT ALSO DISGUST AND CONTEMPT.

Sadness

THIS EMOTION CAN BE EXPRESSED THROUGH FEELINGS OF SUFFERING, AGONY, AND HURT. PEOPLE CAN ALSO FEEL DISAPPOINTED, DISMAYED, AND DISPLEASED OR COMPLETE DESPAIR AND ISOLATION.

Joy

THIS EMOTION CAN BE EXPRESSED THROUGH FEELINGS OF CONTENT, PLEASURE, AND SATISFACTION AS WELL AS HELPING PEOPLE FEEL HAPPY, CHEERFUL, AND PROUD.

Love

THIS EMOTION CAN BE EXPRESSED THROUGH FEELINGS OF AFFECTIONATE FONDNESS AND ROMANCE OR FEELING COMPASSIONATE, CARING, OR SATISFIED.

Fear

AN EMOTION EXPERIENCED QUITE OFTEN THROUGH FEELINGS OF BEING SCARED, FRIGHTENED, OR HELPLESS. OTHER FEELINGS EXPERIENCED CAN INCLUDE PANIC, INSECURITY, NERVOUSNESS, AND WORRY. THIS EMOTION IS ONE OF THE LEADING EMOTIONS BEHIND STRESS.

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