

About Emotions

There are 8 **primary** emotions. You are born with these emotions wired into your brain. That wiring causes your body to react in certain ways and for you to have certain urges when the emotion arises.

Here is a list of primary emotions:

Eight Primary Emotions

- Anger: fury, outrage, wrath, irritability, hostility, resentment and violence.
 - Sadness: grief, sorrow, gloom, melancholy, despair, loneliness, and depression.
 - Fear: anxiety, apprehension, nervousness, dread, fright, and panic.
 - Joy: enjoyment, happiness, relief, bliss, delight, pride, thrill, and ecstasy.
 - Interest: acceptance, friendliness, trust, kindness, affection, love, and devotion.
 - Surprise: shock, astonishment, amazement, astound, and wonder.
 - Disgust: contempt, disdain, scorn, aversion, distaste, and revulsion.
 - Shame: guilt, embarrassment, chagrin, remorse, regret, and contrition.
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- All other emotions are made up by combining these basic 8 emotions.
 - Sometimes we have **secondary emotions**, an emotional reaction to an emotion. We learn these. Some examples of these are:
 - Feeling shame when you get angry.
 - Feeling angry when you have a shame response (e.g., hurt feelings).
 - Feeling fear when you get angry (maybe you've been punished for anger).
 - There are many more. These are **NOT** wired into our bodies and brains, but are learned from our families, our culture, and others.
 - When you have a secondary emotion, the key is to figure out what the primary emotion, the feeling at the root of your reaction is, so that you can take an action that is most helpful.