



JOHNSON EMOTIONAL CYCLE DIAGRAM

The goal of the emotional cycle is to make it easier to identify emotions, understand their expression, and provide guidance when we feel lost in them. By doing so, we can respond rather than react, giving us a greater sense of control over our emotions through awareness and intention.

There are eight emotions described in the emotional cycle that begins with interest and takes us through a journey of expression. We start with what we want more of, that will allow the release of letting go and having worth. A reflection in a moment of sadness brings us to have had enough and to know our limits. We move through our fear of shame and the need for control, on our way to discovering our value. While anger expresses the discomfort we want to deflect from as we make space for interest once again.

Each emotion has a specific and unique expression, state of having (what we want to have, need to have, have had, or have), and motivating and connecting characteristics.

Interest is the emotion that expresses "I want to have more."
This is a connecting and motivating emotion.

Surprise is the emotion that expresses "I have release."
This is a connecting and motivating emotion.

Joy is the emotion that expresses "I have worth."
This is a connecting and motivating emotion.

Sadness is the emotion that expresses "I have had a reflection."
This is a connecting but demotivating emotion.

Disgust is the emotion that expresses "I have had enough."
This is a disconnecting and demotivating emotion.

Fear is the emotion that expresses "I need to have control."
This is a disconnecting and demotivating emotion.

Shame is the emotion that expresses "I need to have value."
This is a disconnecting and demotivating emotion.

Anger is the emotion that expresses "I have had a deflection."
This is a disconnecting but motivating emotion.

Feelings are not emotions. Feelings interconnect the mind and the body. Feelings are fleeting, they come and go, often based on our thoughts. Feelings are bidirectional and can move from thoughts out toward emotion or we can feel emotions viscerally as sensations. When we feel our thoughts and use our feelings to identify underlying emotions and their expression, we are more responsive, in control and connected.

Feelings and emotions have different functions. Emotions function as the expressive energy that creates our experience. They determine what we connect to and influence our motivation. Feelings function as the information that directs our thoughts to our emotions. Feelings are the streets in the cities of our lives; they allow us to navigate ourselves. Emotions are the highways that allow us to connect with others.

Feelings require awareness, they are the clues to the emotional destination we are heading toward. We can have feelings without emotional awareness, and feel emotions without being aware of thoughts, but a feeling requires our awareness of it. The more aware we are of our feelings the more we can navigate ourselves.



The ultimate destination of our feelings is an emotion. There are eight elemental emotions, which are biological and physiological reactions based on centers in the brain. They occur without thinking and come and go in a way that guides us.

Emotions are often what we experience as instinct, intuition, or sixth sense. Emotions are what we express and become our experience. There are no good or bad emotions, only connecting or disconnecting, motivating or demotivating emotions.

Emotions and thoughts are different, but connected by feelings. Emotions are biological, evolutionary, and part of the autonomic nervous system (ANS), which regulates our heartbeat and breathing. Emotions are designed to react even before we have cognitive input or response. Although our thoughts can influence the ANS, it is designed to function even before a thought.

Emotions can be evoked without thinking. They are visceral reactions that guide us and influence our motivational energy. They either connect us or disconnect us from others. They are neither good nor bad; they are what we express.

Emotions differ from feelings as we can feel our thoughts as much as we feel our body. When we feel our emotions it is often experienced as a visceral reaction in the body, a sensation. This reaction leads to a feeling that becomes a thought.

Emotions are enduring; they stick with us and guide us. When we express our emotions and feel our thoughts we are responding. We can gain a greater sense of control when we choose the emotion we want to express.

It is important not only to identify thoughts, feelings, and emotions but define them. If what we intend does not match what we express, frustration and discontent are the results.

Avoiding emotions or just having the lack of awareness become resistors to connection. Our discomfort with emotions leaves us longing for connection while at the same time avoiding it. We can become more comfortable with our emotions by identifying them, and using our feelings to guide us. From there, we can develop how to be connected accurately, appropriately, and authentically.

Identifying emotions and their expression can provide greater resilience in the face of adversity, improve the meaning related to one's work, and foster connection between people and places. Elemental emotional identification is just one path to create connection between what we think, express and experience.



Connecting Emotions and Expressions			
Interest (striatum)	Surprise (bilateral inferior frontal gyrus and hippocampus).	Joy (dorso-medial prefrontal cortex)	Sadness (insula, thalamus amygdala and the hippocampus)
More	Release	Worth	Reflection
Feelings- Extensions of thought that lead to an emotion			
Acceptance, Affection, Anticipation, Compassion, Coveting Curious, Desire, Devotion, Empathy, Engaged, Explorative, Fascinated, Friendliness, Interested, Intrigued, Involved, Kindness, Lust, Motivated, Stimulated, Trust	Amazed, Amazement, Astonishment, Astound, Awe, Bliss, Delight, Eager, Ecstatic, Elation, Enchanted, Energized, Engaged, Enthusiastic, Excited, Inspired, Invigorated, Lively, Passionate, Playful, Radiant, Refreshed, Rejuvenated, Renewed, Shock, Startled, Thrilled, Vibrant, Wonder	Accepting, Able, Adventurous, Affectionate, Brave, Capable, Caring, Compassion, Confident, Content, Daring, Determined, Enjoyment, Free, Full, Fulfilled, Grounded, Happiness, Hope, Optimism, Peace, Powerful, Present, Pride, Proud, Relief, Safe, Satisfied, Secure, Strong, Valiant, Valued, Warm, Worthy	Anguish, Depleted, Depressed, Despair, Despondent, Disappointed, Discouraged, Forlorn, Gloom, Grief, Heartbroken, Hopeless, Loneliness, Lonely, Longing, Loss, Melancholy, Sorrow, Weary, Yearning



Disconnecting Emotions and Expressions			
Disgust (anterior insula and basal ganglia,)	Fear (amygdala)	Shame (anterior cingulate cortex, frontal gyrus)	Anger (orbitofrontal cortex)
Enough	Control	Value	Deflection
Feelings- Extensions of thought that lead to an emotion			
Aloof, Antipathy, Aversion, Avoidance, Bored, Confused, Contempt, Detestation, Disdain, Distant, Distaste, Evasion, Exacerbated, Indifferent, Isolated, Lethargic, Listless, Loathing, Numb, Reluctance, Removed, Repugnance, Resistant, Revulsion, Revulsion, Scorn, Shut Down, Uneasy, Unwillingness, Withdrawn	Afraid, Anxiety (out of control or unsafe), Apprehension, Apprehensive, Desperation, Dread, Envy, Fright, Frightened, Frozen, Horror, Hesitant, Insecure, Jealousy, Nervous, Nervousness, Panic, Paralyzed, Scared, Terrified, Worried	Ashamed, Chagrin, Contrition, Embarrassment, Empty, Guilt, Humiliated, Ignored, Incapable, Inhibited, Judgement, Mortified, Regret, Rejected, Remorse, Remorseful, Resigned, Self-conscious, Sorry, Trapped, Useless, Victimized, Devalued, Weak, Worthless	Aggravated, Agitated, Bitter, Contempt, Disgruntled, Disturbed, Edgy Frustrated, Furious, Grouchy, Hate, Hostile, Impatient, Impulsive, Irate, Irritability, On edge, Outrage, Outraged, Resentment, Upset, Vindictive

