

# Adaptive Functions of Emotions

	1 Supply Information	2 Communicate to Others	3 Motivate Action
 <b>Sadness</b>	I'm losing something that is important to me	I need to be comforted	Withdraw/isolate Think about how to deal Cry
 <b>Fear</b>	I sense danger/a risk to my well-being	I am not a threat	Become small Hide Avoid
 <b>Anger</b>	This is not the way I want it to be/it is not okay	Stay away from me	Lash out/yell Protect myself Fight