

What Are You Feeling? Our 7 Primary Emotions

Emotions

JOY

Emotion of happiness, pleasure, or delight

Purpose:
Abundance, gratitude, happiness

Body Location:
All over the body

Body Feeling:
Excitement, lightness



Emotions

PAIN

Emotion brought on by a sense of suffering, hurt, or loss

Purpose:
Awareness, healing, growth

Body Location:
Lower chest, heart, face

Body Feeling:
Pain, ache



Emotions

ANGER

An emotion of annoyance, displeasure, or hostility, often expressed antagonistically

Purpose:
Assertiveness, strength, energy

Body Location:
All over the body

Body Feeling:
Energy, power



Emotions

FEAR

Emotion driven by a sense of danger or something threatening

Purpose:
Protection, preservation, learning from environment

Body Location:
Stomach, upper chest, arms

Body Feeling:
Anxiety, suffocation



Emotions

GUILT

Emotion of remorse or responsibility for an offense, improper act, or sense of inadequacy

Purpose:
Adhering to values, staying within limits, making amends

Body Location:
Face, neck, upper chest

Body Feeling:
Ache, gnawing sensation



Emotions

SHAME

Emotion of humiliation or regret caused by awareness of wrong or improper behavior

Purpose:
Staying within limits, humility, being human

Body Location:
Stomach or gut

Body Feeling:
Heat, warmth (redness)



Emotions

LOVE

Emotion of affection, devotion, or admiration for a person, place, or thing

Purpose:
Connection, meaning, serenity

Body Location:
Heart, chest, neck

Body Feeling:
Warmth, calm

