

Basic Message of Emotions

Emotion	Question	How it Can Help Us
Anger	What is in the way?	Energy to break through obstacles
	Your example:	
Anticipation	What important thing is Look coming?	forward and plan
	Your example:	
Joy	What do you want to maintain?	Energize us to flourish
	Your example:	
Trust	What do you want to embrace?	Open to new, connect with support
	Your example:	
Fear	What is at risk?	Protect from danger
	Your example:	
Surprise	What is unexpected?	Focus us on something new, unexpected
	Your example:	
Sadness	What (that you love) are you losing?	Remind us about who/what is important
	Your example:	
Disgust	What rules are broken?	Maintain boundaries, principles, values
	Your example:	

Developed by Joshua Freedman based on the Plutchik Model of Emotions. These basic emotions combine in