

EMOTIONS & YOUR BODY

JOY

**SYSTEM ACTIVATED: REWARD
FELT THROUGHOUT THE BODY, WARM CHEST,
LIGHTNESS IN BODY, RELAXED MUSCLES,
SOFT EYES, GENUINE SMILE, TEARS**

ANGER

**SYSTEM ACTIVATED: FLIGHT RESPONSE,
FELT IN HEAD, HEAT IN FACE, CLENCHED JAW OR
FIST, TIGHTNESS IN NECK OR SHOULDERS,
INCREASED HEARTRATE, PRESSURE IN HEAD,
URGE TO MOVE OR YELL**

FEAR

**SYSTEM ACTIVATED: SYMPATHETIC
TIGHTNESS IN CHEST, RAPID HEARTBEAT,
SHALLOW/FAST BREATHING, SWEATY PALMS,
NAUSEA, TREMBLING, COLD HANDS/FEET, JAW OR
SHOULDER TENSION**

SAD

**SYSTEM ACTIVATED: PARASYMPATHIC
FELT IN THROAT, HEAVY CHEST, LOW
ENERGY, FATIGUE, HEAVY SHOULDERS, SLOW
MOVEMENTS, ACHE IN CHEST, TEARS**

SHAME

**SYSTEM ACTIVATED: RELATIONAL THREAT
FELT IN FACE, BLUSHING, HEAT IN CHEEKS,
URGE TO HIDE, DROPPING EYE CONTACT,
STOMACH INKING, TIGHT CHEST**

LOVE

**SYSTEM ACTIVATED: ATTACHMENT & REWARD
FELT THROUGHOUT BODY, WARMTH IN
CHEST, RELAXED BREATHING, SOFT EYES,
RESTING POSTURE**