



THE UNIVERSAL LANGUAGE OF EMOTIONS

EMOTIONS AT WORK

LIST OF UNIVERSAL EMOTIONS

Emotions are a biological information system, the purpose of which is to prompt you to action that is optimally beneficial to your survival and well-being. Each primary emotion activates specific biological processes, has recognizable energy and direction of movement and carries a signature message. The following are primary emotions that we are hard-wired for. While the activation and experience of emotions can be complex, the following is a brief description of the core message characteristic of each emotion.

SADNESS



Sadness is about loss or perceived loss. It can be tangible or intangible. The degree of sadness that you experience depends on the value of that which is lost. Intangible loss includes unrealized dreams, missed opportunities, things you wanted but did not get and unmet expectations. Feelings range from momentary wistfulness to profound grief. Sadness is inward moving energy.

PROBLEM AREA

When you do not acknowledge a loss and do not take time to grieve, you can fall into a state of apathy or mistake your feeling as tiredness or depression. Small losses are often overlooked but need to be acknowledged.

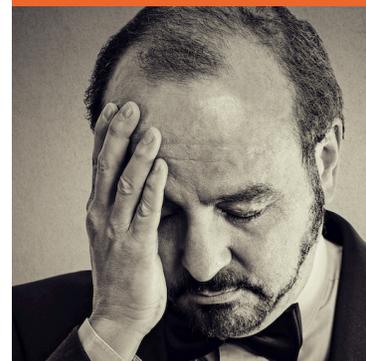
Shame with dignity

Healthy shame is remorse. It is activated when you realize you have hurt someone, acted out of alignment with your values or the values of the society in which you live, or gone against your integrity. It prompts you to take responsibility for your actions. It is your internal moral compass. Healthy shame sets limits, letting you know that you are not perfect, only human. It is inward moving energy.

PROBLEM AREA:

Feeling Toxic Shame, which is not a primary emotion but a state of being with particular feelings. It stems from a belief that you are flawed or defective as a human, that something is fundamentally wrong with you. This state is a result of outside influences, often emotional or physical abuse.

SHAME



FEAR



A protector emotion

It is a warning of danger, real or projected, tangible or intangible. When you are in immediate risk of physical harm or death, your body will respond faster than you can think in order to save you. When not in danger, fear's message is, "Stop, pay attention! Be conscious!" We need fear to survive. It is inward moving energy.

PROBLEM AREA

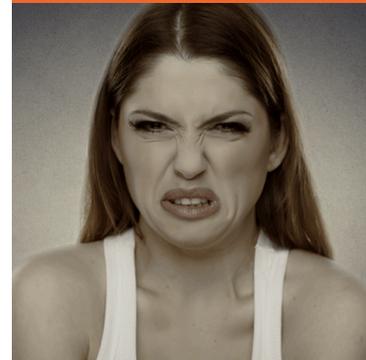
Misinterpreting the activation in your body to mean there is a dire threat. Assuming the worst is happening. Thought induced fear stemming from lack of confidence, lack of trust (in self, others, or God/ Spirit), projection based on past experiences, or a false sense of being hurt.

Disgust is a very straightforward emotion that moves you away from people or things that are toxic or poisonous to you. This can be literal, such as spoiled food, or having to do with the behavior of others one knows would be toxic to your being. Its energy is a combination of inward (pulling away) and outward (pushing away.)

PROBLEM AREA

When we don't heed this emotion and engage with people or activities that are toxic to us.

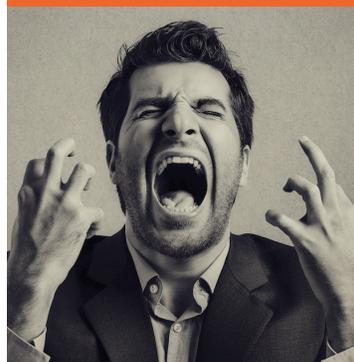
DISGUST



A survival emotion

On a primal level, anger prompts you to fight to save your life. Today, when you are not in physical danger, it is most often in response to a threat to your autonomy, values, or sense of self. Anger sets boundaries. "No! I don't like/want this!" It is not about aggression or violence. It can be powerful when used consciously. It is outward moving energy.

ANGER



PROBLEM AREA

When you use anger as a defense to block vulnerable feelings such as sadness, fear, or shame, or when feeling powerless. Labeling it as a negative emotion can prevent you from utilizing its true purpose. It is the misuse of anger that makes it negative, not the emotion itself.

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Passion is the emotion of desire, sexuality, and creativity. On a primal level, it is about procreation. Today, in addition to romantic attraction, it is the emotion of creativity and your connection with your life force. It gives focus and energy to creative impulses and innovation. It is outward moving energy.

PROBLEM AREA

When beliefs and outside influences stifle your passion, you are disconnected from your innate creativity.

PASSION



JOY



More than happiness

Joy is the emotion of connection - to one's self, others, life, nature, or one's spirituality. It gives you a sense of oneness or non-separation, acceptance, and non-judgment. Joy comes when you experience the fulfillment of your potential or preferences. It is not the absence of other emotions. When honestly experiencing any emotion, you are connected to yourself authentically. You may not feel happy or excited, but it is a form of joy that prompts a sense of personal power and confidence. It is omni-directional outward moving energy.

PROBLEM AREA

Looking for outside validation or believing you have to earn it to feel worthy of joy. If you have had trauma or grew up not experience much joy it can feel uncomfortable because your nervous system is not acclimated to the vibration of joy. Working somatically to retrain your nervous system can change this.