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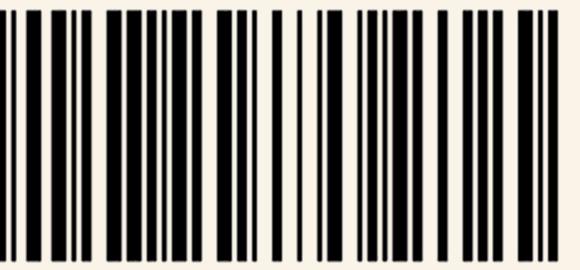
# JOY

Joy is an emotional response that typically arises when something positive has happened to you or to someone important to you. It also arises when your needs are met. Thus, the feeling of joy helps you to know what's important to you and makes you seek more of it. For instance when you feel joy at the sight of someone you like, the emotion of joy lets you know how good it is to be with that person and that he or she means a lot to you.

Joy also serves an important social function. Expressing joy makes those around you know that you appreciate them. When you share joy with other people, the feeling might increase in intensity and you feel more connected with those around you. Conversely, expressing joy to others, but not have it reciprocated, can be quite painful. Many who have grown up in homes where expressions of joy are inhibited might feel shameful of their own joy.

Joy often feels like a lightness in your body, like you're a little warm, getting more energy and maybe bubbling a bit on the inside. It is also common to express tears of joy. This often happens when you experience a big relief, for instance in the aftermath of something difficult or scary.

Click to see my favorite cocktail recipes that associated with JOY.



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Your emotions are important because they alert you to things that are important to you. They inform you about how you are doing with yourself, with those around you and most importantly – they inform you about what you need. This is because all emotions are related to your needs. This means that an emotion is your brain and your body's reaction to the fact that something important has happened and your emotions tell you that you need to attend to what has happened since one or more of your needs are affected.

Your emotions are your most important signalling system. Emotions were there long before thought and language, both in humans as a species and in you as an individual. You were born into this world with the capacity to be happy, sad, scared, shameful and angry.

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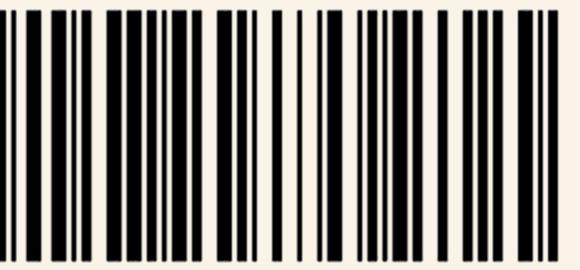
# SADNESS

Sadness is the painful feeling that comes when you have lost or are about to lose something that is important to you. It is a cry out for what is lost and a wish to hold on to something that is important. A typical example is sadness or sorrow after losing someone you love, such as a family member, partner, or friend. But you can also be saddened by losing objects, access to places from where you have good memories, a job, opportunities, hopes or dreams.

Sadness can be felt in many ways, but it is quite common to feel a knot in your stomach, a lump in your throat, warmth in your face or simply a heaviness in your body. Being sad can be very painful and overwhelming, but it can in a strange way feel quite good. That is why we sometimes seek out sad movies or dwell in our sadness. It is common to cry when you are sad, and crying can at times feel quite soothing and calming.

When you are sad and unable to regain what you have lost, your need is one of comfort, support, and care from others. Sometimes we have the need to pull back and be by ourselves. However, if you are always alone with your sadness there is a danger of the sadness turning into a more depressed state.

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# FEAR

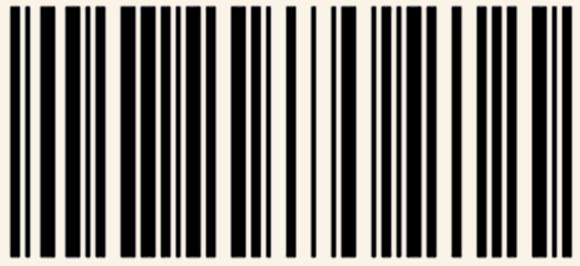
Fear often arises when something or someone threatens you, someone you care about or something of great importance to you. Fear overrides almost all other emotions and makes you do anything to get away from whatever is threatening you.

It is one of the very oldest emotions we have, and has been critical to ensuring survival, simply because it has helped us avoid and get away from predators and threats. In modern days fear usually deals people who are unpredictable and might hurt you, situations that feel impossible to deal with, illnesses or potential accidents.

The bodily sensation of fear is often increased heart beat, rapid breathing, cold hands and feet, and dryness in the mouth. It can also feel like excessive energy in your body. High activation of fear can also be experienced as dizziness, tunnel vision or even nausea. In milder forms, fear can be experienced as unrestfulness or being alert.

When you feel fear, the affected need is safety, protection, and feeling like...

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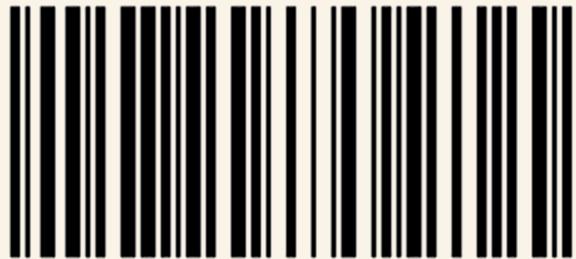
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# ANGER

Anger is a reaction to a perceived threat to something or someone that is important to you. In other words, anger often arises when someone treats you or your loved ones poorly, someone invades your personal boundaries or when someone prevent you from achieving something that is important to you. Anger is what gives you the strength and power to protect and stand up for yourself, for others, and for your values and needs.

In its purest form, anger is perceived as a helpful force and energy. It is common to experience it as energy in your hands and feet, warmth in your chest, and in a stronger form you may want to push away or hit. In milder forms, it feels like confidence, determination, or simply feeling strong and clear. The overall need in anger is to set boundaries, create distance and to protect that which is important to you. We often call primary helpful anger for assertive anger. Such anger can be quite healthy. Experiencing and expressing healthy anger at someone who has scared you or shamed you might give you a sense of dignity and protection, but only if it's primary anger that you are in control over.

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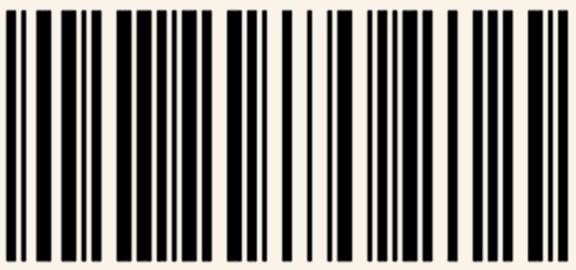
# DISGUST

Disgust in its simplest form is what you feel when you smell stale food or foul odors. Disgust has served a primitive function to help us stay away from food, plants and waste that is poisonous or in other ways not good for us. In a more advanced social form, disgust and its cousin contempt helps us to signal to others that they have violated the group's basic needs and values. Disgust and contempt in society can arise against groups or individuals that are believed to violate important norms. Disgust and contempt in smaller groups, as within a couple, often occur if the partner ceases to pay attention to common values and standards.

Disgust is often experienced as wanting to get rid of something or someone. The facial expression looks as if the person is experiencing a foul smell. In its most intense form, the experience of disgust is nausea, and in a milder sense it is an experience of wanting to turn away and show displeasure.

The most basic need in disgust and contempt is to protect oneself from illness and things that are dangerous to oneself or the herd. In a more advanced sense, the need is to protect oneself from something that threatens one's...

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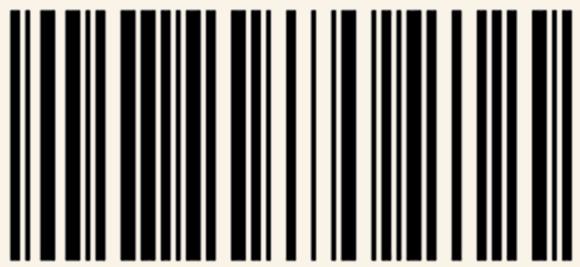
# SHAME GUILT

Guilt is what you feel when you've done something wrong towards someone and you know it. Guilt is meant to motivate you to repair the damage you've caused to an important relationship. It is closely related to the feeling of shame, but is not necessarily related to the feeling of who you are.

Contrary to shame, guilt does not make you want to hide or disappear, but rather to approach the other to repair, show regret, apologize or help the other. Guilt is rather about preserving or restoring the relationship to the other. If you are going to apologize to someone you have hurt, it is therefore important that you actually show genuine remorse, without taking too many reservations or giving rationalizations. This makes it more likely that the other can forgive you.

Where guilt is the feeling of having done something wrong, shame is more the feeling of being wrong. So it's not just about something you've done, but about who you are as a person, and you feel you're not good enough, or worth less than others. You can feel shame related to your appearance, your abilities or your personality traits...

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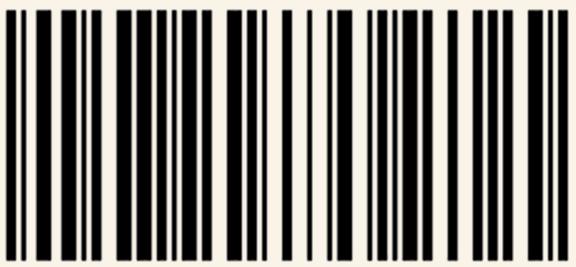
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# LOVE ATTACH MENT

Love is composite state of different emotions where you feel a strong and enduring emotional bond and commitment to another person. Love is the feeling of something lasting and important, and it can be with or without romantic and sexual elements.

Feelings of attachment is a complicated experience that consists of joy of being with someone, sadness or pain of being separated, pride of being recognized by someone and fear of losing. It is an experience that someone in your life has enduring importance to you. It is different than love, even though it is closely related to it. You can also have attachment feelings towards places, things and ideas/values.

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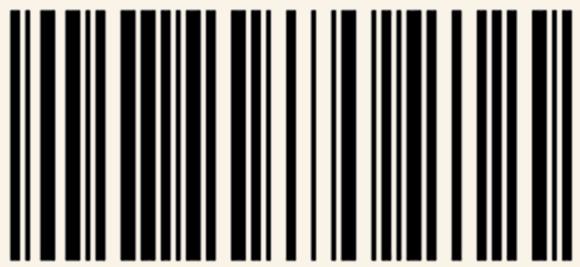
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# HOPELESSNESS

Hopelessness is not a separate emotion, but a painful state characterized by deep despair, collapse and lack of faith in one's own ability to recover. Hopelessness is a state of being defeated, without the possibility of fighting and where the prospects of the future is dark and impossible. Hopelessness is probably closely associated with depression. From an evolutionary perspective, this resignation can be an appropriate response that will cause you to save energy when basic needs are unattainable. It can also help you redirect your efforts to a more attainable and realistic goal.

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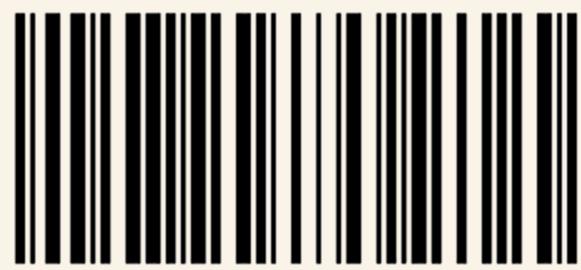
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# ENVY JEALOU SY

Envy is a feeling of wanting to have something that someone else has or feeling like someone else is not deserving of what they have. For example, you might envy someone a job, trait, skill, partner, or something they've accomplished. It can be an important emotion that tells you what you want to accomplish, but it can also be a secondary feeling when you are really feeling not good enough as who you are.

Jealousy can be seen as a combination of other emotions, like fear of losing, shame for not feeling good enough, and anger/aggression. In a healthy and primary form, jealousy is an important emotion that can tell you that your relationship is at stake and makes you do something about possible threats to the relationship. However, jealousy is often a problematic feeling. Many of those who struggle with recurring jealousy probably is struggling with problematic shame, fear, and sadness. In an intense form, jealousy is a...

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