

Useful Emotions

Emotions are an important part of life. They help us notice, and guide our responses, to things that happen to us in life



Fear can protect us from harmful threats and danger. Anxiety and worrying are lower-intensity forms of fear.



Anger can protect us from other people who are threatening us, taking advantage of us or treating us with disrespect.



Disgust can protect us from things that are disgusting and/or likely to impact our health negatively.



Shame can lead to self-reflection and a wish to be a better person. Embarrassment is a less intense shame.



Guilt can help us think on things that we've done and how we can make amends. It can help maintain positive relationships.



Sadness is prompted by a loss of something we valued or a sense of limitation. It signals not all is well in life.



Happiness is a response to situations. It's not our neutral state. It's triggered when appreciating the present or overcoming challenges.

1
The feeling we have (the words we use to describe it)

2
Responses in our bodies (physical sensations)

Emotions are made up of five elements (ingredients):

5
Our behaviour (what we do or don't do)

3
Our facial expressions

4
Our thoughts about the situation (interpretation)

Developing healthy ways of responding to emotions involves...

Understanding and accepting emotions

Developing tolerance of emotions

Noticing any unhelpful responses

For help with emotions visit

 [DfT Psychology.co.uk](https://dft-psychology.co.uk)

