Human Emotional System

6 BASIC EMOTIONS

ANGER
In the body: tightening and heat in the chest, across shoulders and arms/hands

MESSAGE: Something has crossed a line for you. There is always a more vulnerable emotion accompanying anger. Anger is protecting the more vulnerable emotion.

TO DO: Check your thoughts Make sure you are making sense of things accurately. Vent the anger off, let it process through the body, then see if you need to communicate about what boundary was crossed, or share the more vulnerable emotion.

IRRITATION
In the body: heat in the body, primarily belly, upper back

MESSAGE: Irritation is a protective shield, it wants you to create space.

TO DO: Find a way to get some space by communicating or taking reasonable action.

SADNESS
In the body: heaviness in the chest, tightening in the throat, tingling in the nose

MESSAGE: Space is being made for what is to come. What was no longer is. Sadness and tears do the work of clearing.

TO DO: It cannot be skipped, so simply allow it..

FRUSTRATION
In the body: pressure in the jaw, throat or chest

MESSAGE: Something is blocking the way.

TO DO: Slow down, take a step back, and look for the obstacle.

GUILT
In the body: heaviness in the body

MESSAGE: Guilt is a feeling that arises when you have traveled outside the bounds of your values and ethics.

TO DO: See if there is any repair work needed (apology, action, communication) and return to acting within the boundaries of your ethics and values

FEAR
In the body: hot/cold sensations in the belly

MESSAGE: Fear is requesting that we pay close attention and assess for any threat to physical or emotional safety and well-being.

TO DO: If there is a threat, take healthy and reasonable measures to protect yourself. If there is no true threat, reassure yourself that you are, in fact, safe.

Learning to Make Sense of the Directions...

The Human Emotional System functions like an internal GPS when *used properly*. This chart is a quick guide that can support you in making sense of the directions.

Learning to manage emotions by identifying them and decoding their instructions strengthens communication, problem solving and coping strategies to manage life's inevitable challenges.

*For personalized support, contact us at www.oneheartcounselingcenter.com