

Factsheet

THE 6 BASIC EMOTIONS



6 emotions constitute the basis of our affects. They are universal and already present in six-month-old babies: joy, surprise, fear, anger, sadness and disgust.

Positive emotions are accompanied by sensations of pleasure, others, displeasure.

Whether positive or negative, these emotions are:

The 6 primary emotions

Emotion	Utility	Physical demonstrations	Needs
Joy	Capacity for realisation: this emotion allows us to overcome obstacles by being connected to our full potential and inner resources.	Smiling, wanting to laugh, excitement, deep breaths, a feeling of energy, of lightness, wanting to communicate positive feelings	The need to share, exchange, connect and to promote learning
Surprise	Rapid adaptation : this emotion allows us to analyse aspects of an unexpected situation very quickly by adjusting behaviour that may be new.	Breathless, eyes wide open, mouth agape, all the senses on alert	Need to understand, to be clear, for time to adapt
Fear	Warning of danger: this emotion allows us to implement an attack or escape strategy or flight, or sometimes astonishment (fight, flight, freeze).	Heart racing, clenched stomach, goose bumps clammy hands, white face, difficulty breathing, desire to flee	Need for protection, security, safety, space

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<p>Anger</p>	<p>Frustration, disrespect, injustice, a threat to one's territory. This emotion helps us to restore our rights, to fight against injustice.</p>	<p>Accelerated heart beat, impression of a hot flush, tense, fists clenched, tense jaw, frowning eyebrows</p>	<p>Need for respect, recognition, integrity, a listening ear, fairness and justice, belonging</p>
<p>Sadness</p>	<p>Situation of loss: this emotion gives us the introspection we need to restore balance, to reorganise our inner dynamic.</p>	<p>Lack of energy, heaviness, feeling of emptiness, tight throat, trembling jaw, tears</p>	<p>Attracts compassion, love, comfort, need for meaning, acceptance, initiative, action</p>
<p>Disgust</p>	<p>Determines what is harmful to us, contaminating. This emotion allows us to avoid things that don't suit us.</p>	<p>Rolled upper lip, scrunched up nose, tight stomach, nausea</p>	

Negative emotions point us in the direction of what's wrong. It's all about listening to and respecting our body's warning signals. It's a bit like like a warning light on the dashboard of a car. If we ignore it, we risk having problems a few kilometres later.

The aim of emotional regulation is to find a 'comfort zone' that is neither too high nor too low, and to find a way to keep our emotions in check.

is neither too high nor too low, and to be aware of our emotional feelings.

Emotions can help us to reduce intense emotions such as fear, anger and sadness, anger and sadness. They will also enable us to live a life in line with our values. with our values.

When we avoid our emotions

Each emotion is accompanied by an urgency to act. When our emotions do not correspond to the facts or when acting according to our emotions is not effective, what's useful is for us to act counter to this urgency to act.

Emotion	When I avoid my emotion (that's unjustified and/or ineffective), I act in the opposite way	When an emotion is justified and effective, I act according to the urgency and I solve the problem if necessary
Fear	<ol style="list-style-type: none"> 1. I do what I fear again and again. 2. I approach what scares me. 3. I do things that give me the impression of control over my fears. 	<ol style="list-style-type: none"> 1. I freeze. 2. I flee if the danger is near. 3. I remove the threatening event. 4. I avoid the threatening event.
Anger	<ol style="list-style-type: none"> 1. I avoid it gently. 2. I give myself a pause. 3. I do something friendly. 4. I imagine understanding, I put myself in the other person's shoes. 5. I imagine very good reasons for what happened. 6. I change my body chemistry: I breathe in and out deeply, I do a strenuous physical activity 	<ol style="list-style-type: none"> 1. If I have nothing to lose in the fight, I counter-attack when I'm attacked. I overcome what stands in the way of my goals. 2. I do what's necessary to avoid subsequent attacks, insults or threats. 3. I avoid or distance myself from threatening people.
Sadness	<ol style="list-style-type: none"> 1. I find something to do. 2. I reach out to others. 3. I pay attention to the present moment, I become aware of my environment; I do new and positive activities. 4. I move, I do physical exercise 	<ol style="list-style-type: none"> 1. I mourn, I hold a commemorative ceremony if possible, I go to the cemetery (but I don't stay there); I recover, replace what's lost. 2. I plan how to build a life that's worth living, without the loved one or the hoped-for outcomes. 3. I accumulate positive things. 4. I build up expertise: I do what makes me feel competent and confident. 5. I express my need for help. 6. I accept the support offered. 7. I try to see things in a positive light.

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<p>Disgust</p>	<ol style="list-style-type: none"> 1. I get closer, I eat, I drink, I welcome what I find disgusting. 2. I remain kind to those for whom I feel contempt. 3. I put myself in the other person's shoes, I imagine understanding. 4. I approach what seems to me repulsive using my 5 senses. 5. I change my body chemistry by breathing in deeply and breathing out slowly. 	<ol style="list-style-type: none"> 1. I remove, I wash disgusting things. 2. I get others to stop what hurts me or invades my space.
<p>Guilt</p>	<ol style="list-style-type: none"> 1. I do what makes me feel guilty, over and over again. 2. I make my behaviour public (with people who won't reject me). <p>If I risk being rejected by others:</p> <ol style="list-style-type: none"> 1. I hide my behaviour. 2. I use my interpersonal skills. 3. I work to change the values of my group or I join a new group 	<ol style="list-style-type: none"> 1. I look for forgiveness. 2. I repair the damage caused; I improve things (or, if it's impossible, I work to avoid or repair similar damage to others). 3. I accept the consequences with good grace 4. I try to avoid behaviour that violates my moral values in the future