

EKMAN'S 6 BASIC EMOTIONS

& How They Affect Our Behavior



HAPPINESS

1. Hopefulness & Optimism | 2. Gratitude
3. Smile and laughter | 4. Reduces stress & depression | 5. Increased satisfaction
6. Improves immune system | 7. Reduces risk of heart disease | 8. Increases life expectancy



SADNESS

1. Grief | 2. Hopelessness & disappointment
3. Depression | 4. Crying | 5. Loss of interest
6. Social Withdrawal | 7. Substance abuse
8. Increases mortality risk



FEAR

1. Survival mechanism | 2. Alerts for threats & danger
3. Activates fight-flight-freeze response | 4. Chills, trembling or sweating | 5. Chest pain & upset stomach | 6. Rapid heartbeat & breathing
7. Tense, nervous & panic-stricken | 8. Repeated exposure reduces anxiety



ANGER

1. Aggressive, multi-faceted, unpleasant feeling
2. Coping mechanism for threats & dangers | 3. Hostility, agitation, frustration & antagonism | 4. Activates fight-or-flight response | 5. Frowning, teeth grinding, clenching fists, yelling | 6. Increased cardiac activity & breathing rate | 7. Affects decision making skills



DISGUST

1. Disease-avoidance mechanism | 2. Avoidance of toxic substances | 3. Severe displeasure | 4. Nausea & vomiting | 5. Rapid heartbeat & breathing, GI problems | 6. Evolutionary and adaptive behavior
7. Revulsion towards food, death & social stimuli
8. Evolutionary & adaptive behavior



SURPRISE

1. Reaction to unexpected stimulus | 2. Lack of conscious awareness | 3. Activates attention & curiosity
4. Activates fight-flight-freeze response | 5. Physically freeze for 1/25th of a second | 6. Physiological startle response | 7. Widening eyes, gasping & screaming
8. Reduced heart rate, deeper breathing

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Emotion Explained

SJ Ball



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