

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

Paul E. Griffiths



Emotion Explained:

Emotion Explained: Bestsellers in 2023 The year 2023 has witnessed a remarkable surge in literary brilliance, with numerous captivating novels enthralling the hearts of readers worldwide. Lets delve into the realm of popular books, exploring the fascinating narratives that have captivated audiences this year. Emotion Explained : Colleen Hoover's "It Ends with Us" This heartfelt tale of love, loss, and resilience has captivated readers with its raw and emotional exploration of domestic abuse. Hoover masterfully weaves a story of hope and healing, reminding us that even in the darkest of times, the human spirit can succeed. Uncover the Best : Taylor Jenkins Reids "The Seven Husbands of Evelyn Hugo" This captivating historical fiction novel unravels the life of Evelyn Hugo, a Hollywood icon who defies expectations and societal norms to pursue her dreams. Reids captivating storytelling and compelling characters transport readers to a bygone era, immersing them in a world of glamour, ambition, and self-discovery. Emotion Explained : Delia Owens "Where the Crawdads Sing" This evocative coming-of-age story follows Kya Clark, a young woman who grows up alone in the marshes of North Carolina. Owens crafts a tale of resilience, survival, and the transformative power of nature, captivating readers with its evocative prose and mesmerizing setting. These bestselling novels represent just a fraction of the literary treasures that have emerged in 2023. Whether you seek tales of romance, adventure, or personal growth, the world of literature offers an abundance of engaging stories waiting to be discovered. The novel begins with Richard Papen, a bright but troubled young man, arriving at Hampden College. Richard is immediately drawn to the group of students who call themselves the Classics Club. The club is led by Henry Winter, a brilliant and charismatic young man. Henry is obsessed with Greek mythology and philosophy, and he quickly draws Richard into his world. The other members of the Classics Club are equally as fascinating. Bunny Corcoran is a wealthy and spoiled young man who is always looking for a good time. Charles Tavis is a quiet and reserved young man who is deeply in love with Henry. Camilla Macaulay is a beautiful and intelligent young woman who is drawn to the power and danger of the Classics Club. The students are all deeply in love with Morrow, and they are willing to do anything to please him. Morrow is a complex and mysterious figure, and he seems to be manipulating the students for his own purposes. As the students become more involved with Morrow, they begin to commit increasingly dangerous acts. The Secret History is a masterful and suspenseful novel that will keep you speculating until the very end. The novel is a cautionary tale about the dangers of obsession and the power of evil.

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