EKMAN'S 6 BASIC EMOTIONS

& How They Affect Our Behavior



HAPPINESS

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



SADNESS

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



FEAR

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



ANGER

Aggressive, multi-faceted, unpleasant feeling
 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

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



SURPRISE

 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

MINDJOURNAL

Emotion Explained

Patrick Vollmar



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