

## Tracking our emotions/needs

<b>Emotion</b>	<b>Action Tendency</b>	<b>Communicates</b>	<b>Need</b>	<b>Your specific need</b>
<b>Sadness/Grief</b>	Slow down, Withdraw	“There has been a loss”	Healing, Comfort, Connection	
<b>Fear</b>	Get away!, Avoid	“Danger”, “Potential threat”	Safety, Reassurance, Soothe	
<b>Anger</b>	Assert, Confront	“Someone is taking advantage”, Not fair!”	Protect, Draw a boundary, Communicate	
<b>Joy</b>	More of the same	“This is good”	Connection, Relationship	
<b>Disgust</b>	Shrink back, Pull away	“This offends my values”	To protect, Align with values	
<b>Excitement</b>	Engage, Share	“Potential joy”	Relationship, Expression	
<b>Guilt/shame</b> (Usually, a result of avoiding core emotions above)	Hide, cover up, Make amends	“I have done something wrong”	Self- respect, social acceptance	

\*Adapted from original Table: Purpose of Emotions

