

function of emotions

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The first language our bodies ever knew was that of physical sensations and emotions. As babies we were attuned to our every need. We knew when we needed food, needing sleep, and how we needed comfort (whether it is physical touch, connection...etc). As we get older, the environment and impactful events tend to make us more disconnected from our internal *body language*. Emotions are just that, *the language of the body*. The better we learn to re-attune to this language, *our own language*, the more we know what our body is trying to tell us, how to best take care of ourselves, and how to relate better to others.

Each emotion you've ever felt exists to serve a purpose. Emotions are internal signals that provide us with information. An important reason to listen to each emotion is to evaluate whether or not it is giving you accurate information. However, if we do not know what each emotion *means*, we will not be able to get the right information. Knowing what each emotion tells the body is the first step to gaining better emotion awareness. After getting used to knowing what the definition of emotion is, you can figure out if the emotion is reliable to the situation. Depending on if this emotion is reliable to the situation or not, it will give you the ability to figure out what course of action you want to take to take care of your needs.

Emotional awareness; the ability to harness emotions and apply them to tasks like thinking and problem solving; and the ability to manage emotions, which includes regulating your own emotions and connecting and understanding the emotions of others.

Happy	Something is going right, life is fulfilling my needs, I am feeling pleasure
Joyful	great pleasure <i>More intense version of happiness</i>
Fulfilled	Satisfied or happy because of fully/better developing one's abilities or character
Ecstatic	Overwhelming versus happiness or joyful excitement <i>Very intense version of happiness</i>
Love	Union and attachment to others. It could be that the overall relationship is going well, or maybe it's just one aspect of the relationship (ex: emotional intimacy versus physical intimacy).
Loving	Feeling or showing great care, union and attachment
Optimistic	Hopeful and confident about the future. Able to think about something with a more positive skew
Hopeful	A person feeling or likely being able to succeed
Liberated	Freed from a sense of imprisonment

Open	To be exposed
Vulnerable	To be susceptible to rejection or harm by being to exposed <i>More intense version of open</i>
Intimate	Deep and vulnerable capacity to connect with openness <i>Very intense version of open and vulnerable</i>
Sensitive	Quick to detect or respond to slight changes, signals, emotions, or influences
Peaceful	Internal harmony and absence of discomfort
Powerful	Capacity or ability to direct or influence the behavior of yourself, others or the course of events
Accepted	Belief that one is valid or understood enough
Confident	Self-accepting with the belief and appreciation for one's own abilities or qualities
Important	Having great significant or value
Proud	Pleasure or satisfaction as a result of one's own achievements, qualities, or possessions or those of someone with whom one is closely associated
Brave	Ready to face and endure danger, threat, or pain; showing courage
Courageous	Choosing or desiring to move forward despite perceived danger or pain
Respected	To admire deeply because of a trait, quality or action
Interested	To desire to learn more about something <i>More intense version of curious</i>
Inquisitive	Desire to take action to learn more about something <i>More intense version of curious</i>
Amused	To be entertained or enjoyable
Inspired	Internal or external creative impulse to act or understand
Provocative	Deliberately desiring to evoke strong feedback from others
Playful	Lighthearted amusement and pleasure
Sad	Experiences of pain or loss or even a meaningful moment of connection or joy that makes us value our lives
Depressed	Low mood and aversion to activity and deeply low sense of well-being <i>More intense version of sadness (sadness is more momentary, depressed is usually a longer period and contains multiple emotions like hopeless, apathetic, sad, anxious, and empty)</i>
Despair	The complete loss of absence of hope <i>More intense version of depression</i>
Hopeless	having no expectation of good or success; not susceptible to remedy or cure

Empty	a lack of meaning or purpose
Isolated	Physically or psychologically far away from other places, things, or people
Lonely	Without companions or without understanding, cut off from others
Ignored	Not being noticed
Abandoned	Left without needed protection, care, or support
Remorseful	a gnawing distress arising from a sense of guilt for past wrongs
Guilty	Blaming self especially for imagined offenses or from a sense of inadequacy (I did bad)
Ashamed	I am a bad person. I have a bad character and my value as a person is deteriorating (I am bad)
Inferior	Less than, of lesser importance
Victimized	To be made a victim (a person harmed, tricked, or injured physically or psychologically)
Powerless	Without ability, influence, or power; lacking the authority or capacity to act
Bored	Weary or restless due to a lack of interest
Apathetic	Having little or no enthusiasm, interest, or concern
Indifferent	Neither good nor bad; mediocre; having no particular interest in one outcome or the other
Disgust	Offensive or contaminating
Hesitant	Slow to act or proceed
Avoidant	Keeping away from or not doing something
Disapproval	The belief that someone or something is bad or wrong
Dislike	Not like or enjoy
Awful	Very bad or unpleasant
Distaste	Mild dislike or aversion
Revolted	To turn away with disgust <i>more intense version of disgust</i>
Repugnant	extremely distasteful; unacceptable; intense aversion <i>very intense version of disgust</i>
Revulsion	Disgust and loathing <i>very intense version of disgust</i>
Detestable	Arousing intense dislike <i>very intense version of disgust</i>

Loathing	a feeling of intense hatred or dislike towards the character or makeup of a person, place, object, or thing <i>very intense version of disgust</i>
Aversion	A strong dislike (Aversion → distaste → disgust → revulsion)
Hate	Passionate dislike <i>More intense version of dislike/aversion</i>
Disappointed	defeated in expectation or hope
Judgmental	excessively critical point of view about something or someone
Anger	An injustice has been done
Mad	<i>More intense version of anger</i>
Suspicious	something is potentially wrong or that someone is potentially behaving wrongly
Cynical	Distrustful of human nature and motives
Skeptical	having or expressing doubt about something, not easily convinced
Critical	careful judgment about the good and bad parts of something
Sarcastic	Desiring the use of irony in order to mock or convey contempt
Contempt	a person or a thing is beneath consideration, worthless, or deserving scorn
Distant	Feeling separated either physically or psychologically from something or someone
Withdrawn	Psychologically feeling isolated from something or someone; not wanting to be open with others
Frustrated	inability to change, understand or achieve something
Irritated	Annoy or stir to anger
Exasperated	irritate to a point where self-control is threatened or lost more intense version of irritate
Furious	<i>Intensely</i> angry towards something
Infuriate	A behavior from someone or self then made you feel Violent and passionate anger within self
Enraged	Anger that is difficult to control
Aggressive	Boldly assertive, pushy and forward, in use of self-protection
Hostile	Harsh and violent anger expressed by internal or external energy or actions, in use of self-protection or revenge (justice)
Provoked	sudden, strong feeling of resentful anger as by unwarranted acts or annoyance

Violated	A personal boundary was severely crossed; treated with disrespect
Threatened	Something is likely to cause harm
Insecure	subject to fears, doubts, not confident or certain
Jealous	feeling resentment against someone because of that person's characteristics, rivalry, success, or advantages
Resentful	the feeling of displeasure or indignation at some act, remark, person, etc., regarded as causing injury or insult
Hateful	Very strong feeling of dislike towards self or other
Hurt	To cause or feel emotional pain
Devastated	Overwhelming shock and grief
Fear	Potential physical or psychological danger. It is trying to help you to avoid experiencing pain.
Alienated	Physically or psychologically withdrawn, isolated, or estranged
Embarrassed	Self-conscious confusion and distress
Humiliated	to a lower position in one's own eyes or others' eyes more intense version of embarrassed, self-conscious and severe distress
Ridiculed	Made fun of with malicious intent
Disrespected	Treated with contempt or rudeness, treated in a way valued less than how I deserve
Rejected	Dismissed as not good enough, inadequate, or not to their taste
Inadequate	Not good enough in comparison to the standard
Insignificant	Too small or unimportant to be worth consideration
Inferior	Feeling less than in comparison to the standard
Insecure	not confident or assured where it then creates uncertainty and anxiety
Worthless	Having no real value or purpose; having no good qualities
Submissive	ready to yield or conform to the authority or will of others; meekly obedient or passive
Obedient	Complying to other's requests
Victimized	Singled out for cruel and unjust treatment
Scared	Fearful and worried about a potential threat
Frightened	Afraid and anxious about a potential threat

Terrified	Extreme fear and alarm; extremely threatened <i>Very intense version of fear</i>
Threatened	Extremely vulnerable and at risk to physical or psychological harm
Worried	Anxious concern about an unresolved situation
Anxious	Mental distress and uneasiness about an uncertain event or outcome
Overwhelmed	Defeated by the complexity of stacked emotions
Surprised	An unexpected or astonished discovery, event, fact, or thing
Excited	Enthusiastic and eager about an upcoming situation, person, fact, thing, or discovery
Energetic	Great vitality and internal activity
Eager	Wanting to have something very much
Amazed	Suddenly filled with wonder; very impressed
Astonished	Greatly surprised and impressed <i>More intense version of amazement</i>
Awe	an overwhelming feeling of reverence, admiration, fear, etc., produced by that which is grand, sublime, extremely powerful or the like
Confused	Something is unclear or indistinct
Perplexed	Something is very puzzling and difficult to comprehend <i>More intense version of confused</i>
Disillusioned	disappointed in someone or something that one discovers to be less good than one had believed
Startled	Suddenly shocked, surprised, and alarmed
Dismayed	Something unexpected happen that caused consternation and distress
Shocked	a sudden surprise and upset

“When our emotional health is in a bad state, so is our level of self-esteem. We have to slow down and deal with what is troubling us, so that we can enjoy the simple joy of being happy and at peace with ourselves.” -Jess C. Scott

Emotion Wheel

