

6 Emotions and the Feelings that go along with them

We have to distinguish if we're dealing with feelings or experiencing emotions. Across all cultures, and throughout all human time, we share the same six emotions – sadness, anger, fear, joy, love, and peace. The old, the young, rich, poor, smart, and everyone in between can feel them all.

According to Attitude Reconstruction, emotions are spontaneous physiological reactions to what we experience throughout the day. They have no words. Just look at the word “emotion,” and you can see “e-motion,” or “energy in motion.” Each emotion produces a different sensation in our bodies and has a different physical expression.

- **Sadness:** heavy heart, constricted chest, low energy, tight throat, slow — expressed by crying
- **Anger:** hot, flushed, tight muscles, aggressive, cold stare, explosive — expressed by striking out verbally and physically (without harming anything of value)
- **Fear:** cold, tense muscles, stomach knots, elevated pulse, agitated — expressed by shivering
- **Joy:** blissful, expansive, sparkling, carefree, active, exuberant, light — expressed by bubbling
- **Love:** warm, open, full, soft, smiling, inclusive, connected — expressed by embracing, crying
- **Peace:** relaxed, tranquil, content, perceptive, alert, calm — expressed by quiet relaxed silence

When we realize that all we have to do is check in on what sensations we are feeling in our body and determine whether it was sadness, anger, or fear, we feel an enormous relief.

While you only have six emotions, you can have hundreds of different feelings. Feelings are the labels you attach to your emotions. Emotions are physical. Feelings are how we describe and interpret these wordless physiological reactions.

Examples of Feelings Associated with Each Emotion

Sadness: unlovable, lonely, needy, guilty, small, incapable

Anger: jealous, dissatisfied, frustrated, resentful, stingy, hateful

Fear: worried, nervous, stressed, indecisive, confused, impatient

Joy: lovable, independent, secure, self-accepting, powerful

Love: open, satisfied, tolerant, compassionate, grateful, humble, generous

Peace: relaxed, calm, confident, patient, flexible, productive

If we say each of the feeling words out loud, we realize even though each has a distinct flavor, they all share the same basic energy. Underneath all feelings is one or more of the six emotions.

Why is this distinction so important? Because knowing there are only six emotions simplifies your life. Since joy, love, and peace aren't the problem, when you're off, it's either sadness, anger, or fear. If you can identify what emotion you're experiencing, you can attend to that, rather than getting lost in your head by trying to figure things out.

The most natural, clean, and direct way to get rid of the emotion is to express it physically and constructively. Allow the body to do its thing.