

Primary emotions

Emotion	Impulse	Function	Body response	Synonyms
Joy	Approach, engage	Reinforce rewarding behaviour	Increased energy, smile, laugh, relaxation of muscles	Happiness, delight, bliss, love
Interest	Investigate, explore, engage	Learning and engagement with new experience	Focused gaze, dilated pupils, and a slight leaning forward	Curiosity, intrigue, engagement, captivation
Proud	Share, boast	Reinforce achievements and social standing	Straightened posture, shoulders back, and head held high	Satisfied, accomplished, confident, esteemed
Surprise	Stop, focus and attention	Access unexpected events and determine if they are threats or opportunity	Raised eyebrows, widened eyes, and an open mouth, sudden intake of breath,	Shock, astonishment, wonder
Fear	Escape, avoid	Protect from danger and prepare for fight or flight	Dilated pupils, faster breathing, and a rush of adrenaline. Tendency to freeze or prepare to run/fight	Anxiety, terror, dread, panic
Sadness	Withdraw, reflect	Give information on what is important or when something works bad	A heavy feeling in the chest. Drooping posture, slumped shoulders, and slower movements. Tears or crying,	Unhappy, miserable, lost something, remorse
Shame / guilt	Hide, reflect, adopt, apologise	Learn social cues and adopting to norms	Avoiding eye contact, lowered head, and possible shrinking or closing in of the body. Feeling flushed, hot, or sweaty.	Embarrassment, shyness, humiliation, self conscious
Anger	Attack, defend	Assert boundaries, respond to threats	A surge of energy, tightening of the muscles, clenched fists, gritted teeth	Rage, fury, irritation, annoyance
Disgust, distaste	Reject, avoid, expel	Prevent ingestion of harmful substance or people	A sickening feeling, grimacing or scrunching of the face, turning away	Nausea, revulsion, repulsion, loathing