

Purpose of emotions



When emotions are strong they can feel difficult. Our emotions are trying to get a positive response but are sometimes overstimulated. It is useful to non-judgmentally acknowledge that emotions are ok while managing any potential issues that can arise.



Happiness is a drive toward good things. It is ok to want as long as we are practical and know our goals may take time.



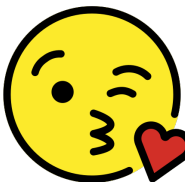
Sadness is processing loss, signals a need for help to others and tells us what is bad for us. It is good as long as we use it to get us away from bad things or get help, don't give into it.



Anger responds to mistreatment or crossed boundaries. It is good when controlled to positive actions and not destructive ones.



Fear tells us when there may be danger and wants us to be safe. It is good when there is evidence of real danger but if there is none it may just be anxiety.



Love helps us build bonds. It is good as long as we don't lose ourselves, our values and other meaningful parts of life in the relationship.



Disgust evolved to keep us away from harmful things like poison or harmful people like those who may be abusive. It is good for preventing harm or inappropriate behaviour. It is only potentially harmful if applied to things are not harmful, like social groups that are not harming anyone so in these cases it can cause social issues.