

Table I: Purpose of Emotions

Emotion	Action Tendency	Communication	Need Indicated
Sadness	Slow down, withdraw	"There has been a loss"	Healing
Fear/Anxiety	Get away! Avoid	"Danger" "Threat"	Safety
Anger	Attack or Assert	"Someone is taking advantage", "Not fair!"	Protect, Draw a boundary
Shame	Hide, Cover up	"There is something wrong with me"	Social acceptance/ approval
Guilt	Make amends, solve the problem	"I have done something wrong to you"	Self respect
Love	Care for, nurture, protect, kindness	The recipient "is worthy." "Stay close"	Connection, relationship
Joy	Do more of the same	"This is good!"	Satisfaction