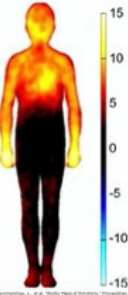


As your class explores different emotions, *star the sensations that you also experience when you feel the emotion and put a box around the sensations that you don't experience when you feel the emotion.

Anger

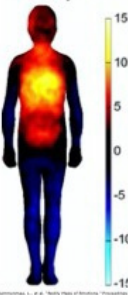


Many participants experienced activation in their hands and jaw.

For some people anger can look like clenching their fists and jaws, their heartbeat or body temperature increasing, or feeling intense energy.

What does anger look like and feel like for you?

Anxiety

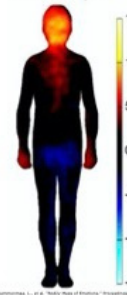


Many participants experienced activation in their heart, stomach and throat and deactivation in their legs.

For some people anxiety can look like a faster heartbeat, having an upset stomach, and muscles contracting (tensing) or trembling.

What does anxiety look like and feel like for you?

Contempt

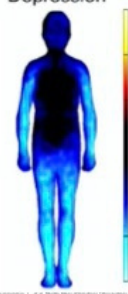


Many participants experienced activation in their eyes, jaw, hands and throat.

For some people contempt can feel similar to disgust. Disgust is often directed at objects, and contempt is often directed at other people.

What does contempt look like and feel like for you?

Depression

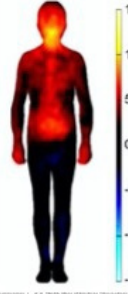


Many participants experienced deactivation in their arms and legs.

For some people depression can look like losing energy, feeling heavy, and feeling tired.

What does depression look like and feel like for you?

Disgust

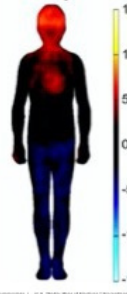


Many participants experienced activation in their upper body, especially in their stomach, throat and esophagus, and deactivation in their legs.

For some people disgust can look like having an upset stomach.

What does disgust look like and feel like for you?

Envy



Many participants experienced deactivation in their head and chest.

For some people envy can look like a faster heartrate, nausea, sweating and difficulty concentrating.

What does envy look like and feel like for you?

Fear



For some people feeling fear can look like a faster heartrate, a dry mouth, and muscles may contract (tense) or tremble

What does fear look like and feel like for you?

Happiness

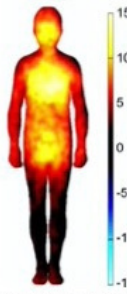


Many participants experienced activation throughout their whole body.

For some people feeling happiness can look like feeling energized and alert. Their circulatory system may become activated and their blood may pump at a faster rate. Their facial muscles may tighten, causing their cheeks to rise and eyes to crinkle.

What does happiness look like and feel like for you?

Love

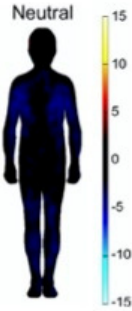


Many participants experienced activation throughout their upper body.

For some people feeling love can look like an accelerated heart rate, experiencing heightened energy, and a loss of appetite.

What does love look like and feel like for you?

Neutral



Neutral

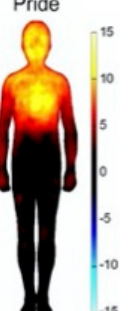
Many participants experienced almost no activation or deactivation in their bodies.

For some people feeling neutral can look like a relaxed and alert state.

What does neutral look like and feel like for you?

Wassenaar, L., et al. "Body Maps of Emotions." Proceedings of the National Academy of Sciences, vol. 111, no. 8, 2014, pp. 288-293. doi:10.1073/pnas.1318841111

Pride



Pride

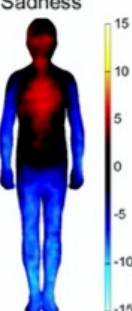
Many participants experienced activation in their upper body.

For some people feeling pride can look like their chest expanding with deep breaths, their head tilting back and their facial muscles tightening into a smile.

What does pride look like and feel like for you?

Wassenaar, L., et al. "Body Maps of Emotions." Proceedings of the National Academy of Sciences, vol. 111, no. 8, 2014, pp. 288-293. doi:10.1073/pnas.1318841111

Sadness



Sadness

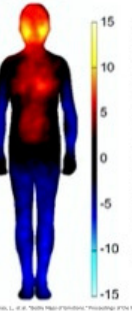
Many participants experienced activation around their torso, throat and eyes, and deactivation in their arms and legs

For some people feeling sadness can look like a loss of energy, especially from their arms and legs. Some people also feel heaviness in their chest.

What does sadness look like and feel like for you?

Wassenaar, L., et al. "Body Maps of Emotions." Proceedings of the National Academy of Sciences, vol. 111, no. 8, 2014, pp. 288-293. doi:10.1073/pnas.1318841111

Shame



Shame

Many participants experienced activation in their head, cheeks and throat, and deactivation in their legs

For some people feeling shame can look and feel like a tightness in their chest, headaches, muscle tension, and warmth from flushing in their face and neck. Their lower body may feel weak and tired.

What does shame look like and feel like for you?

Wassenaar, L., et al. "Body Maps of Emotions." Proceedings of the National Academy of Sciences, vol. 111, no. 8, 2014, pp. 288-293. doi:10.1073/pnas.1318841111

Surprise



Surprise

For some people feeling surprise can look and feel like a fast heartbeat, eyes widening, and mouths open.

Surprise is a neutral emotion that is often quickly followed by fear, anxiety, or happiness.

What does surprise look like and feel like for you?

Wassenaar, L., et al. "Body Maps of Emotions." Proceedings of the National Academy of Sciences, vol. 111, no. 8, 2014, pp. 288-293. doi:10.1073/pnas.1318841111