

THE LOVE SCOUT

Relationship Therapist



FUNCTIONS OF EMOTIONS

Words help us communicate with others. Emotions help our body communicate with our mind. Each primary emotion has a function. One way to improve emotional literacy is to ask yourself...what is the emotion trying to tell me? Enhancing your emotional intelligence will help you respond and not react, self-regulate and make better decisions to resolve, re-store and maintain well-being.



ANGER

To signify injustice, inequality, clash of values



GUILT

To re-direct us back to our personal ethics



JOY

To remind us what's important



LOVE

To connect us with others



SHAME

To re-orient us back to society's ethics



FEAR

To signify potential or real danger



LONELINESS

To remind us of our need for connection



PAIN

To remind us of our need for protection & preservation

Note: *Dysfunctional Internal Shame (DIS)

DIS is a feeling that evolves out of an experience where someone told you or made you feel bad/wrong/inappropriate/defective. In the body this feels like "if people knew the real me, they would know I am unlovable". Dysfunctional Internal Shame is dysfunctional and keeps people in isolation from their true self and the love and connection of others. DIS will disintegrate only when that deepest fear about yourself is shared in a safe space with others.

(Therapeutic context advised.)