



# Emotions are our mind's inbuilt alarm system

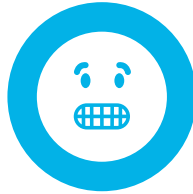
All emotions have an important purpose. They alert us to important signals in our environment.

So what is the point of having emotions? Wouldn't life be easier if we didn't feel strong emotions?

Emotions are our mind's inbuilt alarm system. When we understand their messages, this alarm system alerts us to important stuff in our environment that we need to pay attention to.



## HOW TO UNDERSTAND YOUR INBUILT ALARM SYSTEM



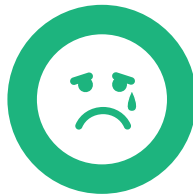
### FEAR

Fear has kept us alive for thousands of years! Fear triggers our automatic survival mechanisms. It gets our body ready to protect ourselves (fight, flight, freeze). It signals our mind to pay immediate attention.



### ANXIETY

Anxiety focuses our attention on potential danger in the future. Putting us on high alert, we avoid a situation before we are actually in harm's way.



### SADNESS

Sadness is when we are most vulnerable. It tells us to be gentle with ourselves. It is our emotional signal to take time to look after ourselves and feel better.



### ANGER

Anger is a natural response to injury, hurt or threat. It is our signal to defend ourselves (or something/someone we value) and communicate that we have been wronged or mistreated!



### SHAME

Shame is one of our most primitive emotions. It signals that we have behaved in a way that risks our connection with others. Thousands of years ago, belonging to our tribe was essential for survival, making us less vulnerable to predators. This alarm system punishes us if we have acted in a way that has hurt someone else or is against our tribes' values.



All emotions serve an important function, essential to our survival. They motivate us to protect ourselves and help us heal.



## BODY SIGNALS

This exercise will help you notice the signals your body sends to you when you feel an emotion. Match the body signals you experience to their emotion by drawing a line to connect them. Some signals belong to more than one emotion.



- Tense muscles
- Tired for no reason
- Butterflies in your tummy
- Sick in the stomach
- Feel like crying
- Clenched fists
- Sweaty palms
- Breathing fast
- Sighing or yawning a lot
- Tears in your eyes
- Lump in your throat
- Heart thumping
- Shoulders tense
- Curling up into a ball
- Pushing out your chest
- Can't look anyone in the eye
- Staring
- Jittery, jumpy, edgy



### PRACTICE & REFLECT

Spend some time this week noticing your signals and reminding yourself of the function of emotions. Tick the emotions you experience each day.

MON	TUE	WED	THUR	FRI	SAT	SUN
<input type="checkbox"/> Fear	<input type="checkbox"/> Fear	<input type="checkbox"/> Fear	<input type="checkbox"/> Fear	<input type="checkbox"/> Fear	<input type="checkbox"/> Fear	<input type="checkbox"/> Fear
<input type="checkbox"/> Anxiety	<input type="checkbox"/> Anxiety	<input type="checkbox"/> Anxiety	<input type="checkbox"/> Anxiety	<input type="checkbox"/> Anxiety	<input type="checkbox"/> Anxiety	<input type="checkbox"/> Anxiety
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<input type="checkbox"/> Shame	<input type="checkbox"/> Shame	<input type="checkbox"/> Shame	<input type="checkbox"/> Shame	<input type="checkbox"/> Shame	<input type="checkbox"/> Shame	<input type="checkbox"/> Shame
<input type="checkbox"/> Anger	<input type="checkbox"/> Anger	<input type="checkbox"/> Anger	<input type="checkbox"/> Anger	<input type="checkbox"/> Anger	<input type="checkbox"/> Anger	<input type="checkbox"/> Anger

Are any of your signals harder to read than others? Anger and fear are easy to recognise. Their signals are loud. Shame lurks in dark places, and sometimes it feels so awful we replace it with anger.