



Emotions are our mind's inbuilt alarm system

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

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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.



EMOTIONAL LITERACY