



PRIMARY AND SECONDARY EMOTIONS

Understanding the Emotions We Feel



Emotions help us understand what is happening inside us and around us. There are two main types: primary emotions and secondary emotions.

PRIMARY EMOTIONS

Primary (or basic) emotions are universal. We are born with them. They are automatic responses to our needs and the world around us. They are the root of all other emotions.

Examples:

Happiness Sadness Anger Fear Surprise Disgust

SECONDARY EMOTIONS

Secondary emotions are more complex. They develop over time based on our experiences, thoughts, and the primary emotions. They are often a mix of two or more primary emotions.

Examples:

- Anxiety
- Jealousy
- Guilt
- Shame
- Embarrassment
- Frustration
- Disappointment
- Envy
- Loneliness

Primary emotions are the building blocks. Secondary emotions are the combinations.

EXAMPLES: FROM PRIMARY TO SECONDARY

Many secondary emotions come from one or more primary emotions. Look at the examples below.

PRIMARY EMOTION(S)	SECONDARY EMOTION	WHAT IT MIGHT FEEL LIKE	A TIME YOU MIGHT FEEL THIS WAY
+	Frustration	You feel upset because things are not going the way you want.	_____
+	Awe	You feel wonder and amazement.	_____
+	Anxiety	You worry about something that might happen.	_____
+	Contempt	You feel that something or someone is beneath you or not worthy of respect.	_____

A. IDENTIFY THE EMOTION

Decide if each emotion is a primary (P) or secondary (S) emotion.

- Happiness _____
- Guilt _____
- Fear _____
- Jealousy _____
- Anger _____
- Embarrassment _____
- Sadness _____
- Disappointment _____
- Surprise _____
- Shame _____

B. MAKE CONNECTIONS

For each secondary emotion below, write the primary emotion(s) it is most likely coming from.

- Envy _____
- Loneliness _____
- Pride _____
- Guilt _____
- Anxiety _____
- Relief _____

C. REAL-LIFE EXAMPLES

Think of a time when you felt the secondary emotion listed. Write which primary emotion(s) you think were underneath it.

SECONDARY EMOTION	PRIMARY EMOTION(S)
1. Jealousy	_____
2. Frustration	_____
3. Shame	_____
4. Anxiety	_____

D. REFLECTION

- Why do you think it is helpful to understand the primary emotions under a secondary emotion?

- How can understanding your emotions help you make better choices?

