



# ***EMOTION MESSAGES***

## **Unpleasant Emotions**

<b>Emotion Name</b>	<b>Emotion Message</b>
<b>Fear</b>	You are in danger!
<b>Anger</b>	You are being treated unfairly!
<b>Sadness or Disappointment</b>	You are missing out on something important!
<b>Guilt</b>	You have done something wrong!
<b>Shame</b>	There is something wrong with you!
<b>Embarrassment</b>	You are being judged!
<b>Boredom</b>	This is not relevant to me!
<b>Disgust</b>	That is bad for your health!
<b>Loneliness</b>	You need someone else!
<b>Jealousy</b>	They have what you want!

## **Pleasant Emotions**

<b>Emotion Name</b>	<b>Emotion Message</b>
<b>Happiness or Excitement</b>	You have found something important!
<b>Content or Relaxed</b>	Things are good!
<b>Pride</b>	You have achieved something important!
<b>Courage</b>	You are taking a risk, but you can cope!
<b>Love</b>	You are cared for!
<b>Thankful</b>	You have some of what you need!
<b>Interest</b>	This is relevant to me!