

# 8 Basic Emotions

And the purpose of each one



## Anger

To fight against problems



## Fear

To protect us from danger



## Anticipation

To look forward and plan



## Surprise

To focus us on new situations



## Joy

To remind us what's important



## Sadness

To connect us with those we love



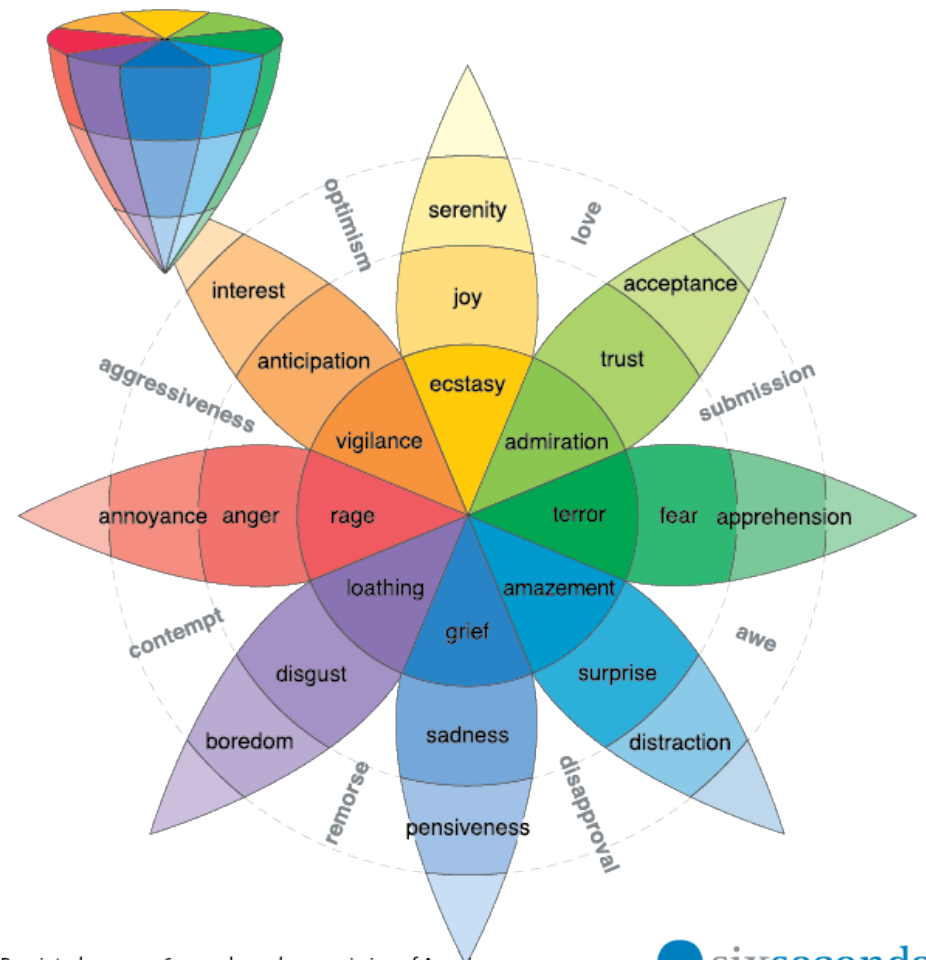
## Trust

To connect with people who help



## Disgust

To reject what is unhealthy



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