

The Purpose of Emotions

Joy



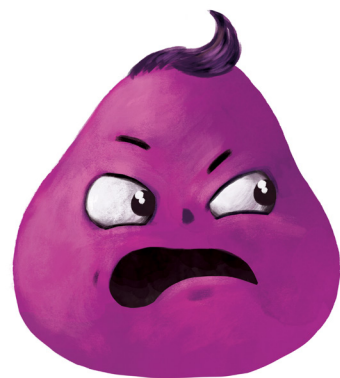
Gives us a sense of purpose and well-being

Sadness



Helps us focus on what matters

Disgust



Helps us to redirect what is harmful or unhealthy

Surprise



Redirects our attention to something new

Trust



Allows us to be vulnerable and to bond with others

Fear



Protect us from harm or danger

Anger



Motivates us to action

Anticipation



Helps us to predict our outcomes