**Emotion Patterns: Message, Actions and Function**

| **EMOTION** | **POTENTIAL MESSAGES** | **POSSIBLE ACTIONS** | **OVERALL FUNCTION (i.e. message plus urge)** |
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| **JOY** | There is a reward.  I like this.  I want more of this. | Savour  Pursue activities that build more joy | The emotion of joy alerts us to what we value and encourages us to pursue it further |
| **ANGER** | Boundary violation, being attacked/ disrespected.  Having an unmet need  Having something important blocked | Advocate for self  Restate boundaries | The emotion of anger helps us build energy and capacity to reestablish our boundaries and needs |
| **FEAR** | Possibility of threat - need to engage in fight, flight or freeze to protect self | Build coping skills  Look for ways to alleviate danger | Fear alerts us to detect sources of threat/ danger in our environment - address them by avoiding them if possible, or being vigilant and preparing for them as best as possible |
| **SADNESS** | There is a sense of loss - i have lost something I value or hoped to have | Reach out for support  Mourn/grieve/honour what is lost | Sadness first slows us down with the intent of reducing further loss, brings our attention to the value held by what is lost and eventually motivates us to rebuild/ replace/  recreate what is lost |
| **GUILT** | I have made a mistake.  I have caused harm. | Make amends  Offer a genuine apology  Reflect on ways to avoid the same action in the future | The function of guilt is to get us to repair to maintain our sense of belonging and connection |
| **SHAME** | It is not safe for me to be myself/ vulnerable here.  I don’t feel like I belong/ respected here.  This is not safe for me. | Hide from the rejecting people/environment | Shame urges hiding aspects of identity that threaten our sense of belonging in a group, and mask who we are.  The useful message is to notice shame’s signal as a prompt to assess people/ groups and to what extent we feel safe/ respected/ welcomed/ vulnerable |