

## The Evolved Functions of Emotions

<b>Anxiety</b>	Signals potential danger and motivates to engage in a defensive response (e.g. to move, or run away).
<b>Anger</b>	Signals a potential threat to us or others. It may also indicate a block to our goals, or an injustice. It can energise and motivate us to stand up for ourselves and others, and to challenge, be assertive or fight.
<b>Disgust</b>	Signals something harmful or toxic (e.g. rotten food, faeces) and motivates us to stay away from it, or expel it (e.g. be sick) if consumed.
<b>Sadness</b>	Signals a loss of some type, and the need for reconnection or recovery of what was lost. This could be the loss of a loved one (e.g. through death) or temporary disconnection (e.g. the child being left for the first day at school). It can also emerge following a failure or setback (e.g. loss of money or a setback at work).
<b>Happiness/joy</b>	Signals that something is valued or important to us, and moves us towards pursuing goals with rewarding outcomes.
<b>Shame</b>	Signals that our behaviour or actions may lead to rejection or being outcast by others, and motivates us to engage in behaviours to ensure our belonging/that we won't be rejected (e.g. by paying attention to others' responses, or appeasing them).
<b>Guilt</b>	Signals that our behaviour or actions have brought harm to others (or ourselves). It connects us to a type of empathy and motivates us to repair the harm caused, or prevent it from happening in the future.
<b>Contentment/ calm</b>	Signals safeness in the absence of threat or danger, allowing the body to slow down, rest and repair.