

## Emotion

### Physiological Response Feels like:

### Behavioral Expression Looks like:



joy

Inner calmness  
Quiet confidence  
Dilated pupils  
Flushed skin  
Butterflies in the stomach

Smiling  
Relaxed stance  
Upbeat tone of voice  
Exuberant



sadness

Ruminations  
Chest ache  
Listless  
Insomnia  
Deficient or excessive appetite

Crying  
Tired  
Withdrawn  
Detached



disgust

Need to flee  
Sense of revulsion  
Sickened

Curled lip  
Wrinkled nose



surprise

Unable to focus  
Dazed  
Speechless  
Disoriented

Raised brows  
Widened eyes  
Yelling  
Open mouth

## Emotion

### Physiological Response Feels like:

### Behavioral Expression Looks like:



trust

Confident  
Secure  
Safe  
Comfortable

Calm  
Relaxed



fear

Rapid heartbeat  
Physical or internal trembling  
Need to fight or run  
Forebodings

Clenched chest  
Wide-open eyes  
Guarded stance



anger

Elevated body temperature  
Sweating

Furrowed brow  
Heightened tone



anticipation

Shallow breathing  
Tightness in the stomach  
Forebodings  
Sweating

Shaking  
Widened eyes