

Module 2: Looking in Your Blind Spot



Topic 2 Content: Emotions

Introduction

Emotions

Introduction

Click the NEXT button or the images below to view some different examples of common emotions.



Click the next button or the images below to view some examples of common emotions.

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Topic 2 Content: Emotions

Happiness

Emotions

Happiness

Feelings of pleasure or satisfaction



Feelings of pleasure or satisfaction.

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Topic 2 Content: Emotions

Sadness

Emotions

Sadness

A healthy reaction to certain events such as the loss of a loved one



A healthy reaction to certain events, such as the loss of a loved one.

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Topic 2 Content: Emotions

Love

Emotions

Love

Involves strong affection, deep concern, and respect



Involves strong affections, deep concern, and respect.

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Topic 2 Content: Emotions

Empathy

Emotions

Empathy

The ability to understand how someone else feels



The ability to understand how someone else feels.

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Topic 2 Content: Emotions

Fear

Emotions

Fear

The unpleasant feeling when you believe something is dangerous or threatening



The unpleasant feeling when you believe something is dangerous or threatening.

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Topic 2 Content: Emotions

Guilt

Emotions

Guilt

Results from acting against one's values; can act as your conscience



Results from acting against one's values; can act as your conscience.

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Topic 2 Content: Emotions

Anger

Emotions

Anger

A hostile reaction to being emotionally hurt or physically harmed



A hostile reaction to being emotionally hurt or physically harmed.