

Emotions Motivate Actions

Emotions motivate us to take action. Different emotions lead us towards different kinds of action. Sometimes the actions that our emotions guide us towards can help us to survive, for example:

see rotten food > feel disgust > don't eat the food > don't get sick > survive!

Our emotions are not always a perfect guide to action though. We can choose to listen to what our emotions are telling us but we don't always have to react in the ways they 'want' us to.



Joy or Happiness can ***motivate us*** to join in, take part, share.



Fear can ***motivate us*** to get away.



Sadness can ***motivate us*** to withdraw, brood, ruminate, seek comfort.



Anger can ***motivate us*** to attack, lash out, stand up for ourselves.



Guilt can ***motivate us*** to repair what we have done.
Shame can ***motivate us*** to hide away, to keep things secret, to punish ourselves.



Disgust can ***motivate us*** to withdraw, keep a distance, get clean.



Compassion, empathy, or sympathy can ***motivate us*** to offer comfort, be with.



Embarrassment or humiliation can ***motivate us*** to hide.



Confusion can ***motivate us*** to check things out (or paralyze us with indecision).



Powerlessness can ***motivate us*** to give up.



Indifference can ***motivate us*** to ignore.



Affection can ***motivate us*** to give love, get close to.

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Think about what kind of **action** each of the following emotions might prompt you to take:



Joy or Happiness can *motivate us* to _____



Fear can *motivate us* to _____



Sadness can *motivate us* to _____



Anger can *motivate us* to _____



Guilt can *motivate us* to _____

Shame can *motivate us* to _____



Disgust can *motivate us* to _____



Compassion, empathy, or sympathy can *motivate us* to _____



Embarrassment or humiliation can *motivate us* to _____



Confusion can *motivate us* to _____



Powerlessness can *motivate us* to _____



Indifference can *motivate us* to _____



Affection can *motivate us* to _____