Emotion = Conclusion + Body Sensation

Introduction

The entire subject of Emotions and Feelings can be confusing. First, the English language word “feeling” is confusing. It can refer to at least four different things, from a form of intuition to a specific body sensation. Further, many of us have been taught to suppress our experience and display of Emotions. As a result, simply experiencing an Emotion may be unsettling or upsetting. This is unfortunate, because of the wealth of information available to us in our Emotions. The Planned Success™ Method makes extensive use of emotional material and the valuable information contained in it. It is therefore very important to understand exactly what an Emotion is.

Definitions

- **Feeling**
  
  *noun* a discrete, identifiable, and describable set of body sensations

  Feelings arise in response to stimuli, whether internal to the organism, or coming from the external environment. Feelings include the dimensions of hot/cold, sharp/dull, wet/dry, viscous/fluid, pain/pleasure, rough/smooth, burning/soothing, among many others.

- **Emotion**
  
  *noun* a set of body sensations and physiological changes which are reliably associated with a simple conscious or unconscious mental idea or image:

  primary Emotions are anger, happiness, sadness, fear, love and shame

  In short, an Emotion is an Conclusion or thought that becomes tangled up with a Feeling. For example, the physical sensations of cold and sharp associated with the visual image of a knife may produce primitive concepts of “danger,” “bad” and “now”, associated with physiological changes in the adrenal system, a tensing of certain muscle groups, and an intense sensation of burning nausea in the area of the solar plexus. A common label applied to this complex of concepts and bodily sensations is “fear.”

  Notice that “fear” is a generic class, like ice cream. Fear, like ice cream, comes in many variations—from exhilaration and excitement through anticipation to anxiety, and on to panic and terror.

Distinguishing an Emotion from a Feeling

While the definitions of these two words overlap in common usage, we choose to make a distinction between them. The distinction is that an Emotion is a Feeling that is associated with a specific idea and/or Conclusion.
Primary Emotions Model

In the Planned Success™ Method, we have chosen to work with a model that works with six primary Emotions; happiness, anger, sadness, fear, love and shame. These basic Emotions combine like colors or flavors do to create more-complex emotional states. For example, most people experience excitement as a combination of happiness and fear, while “tears of joy” is a combination of happiness and sadness.

And just as red and blue together make purple, so there are many, many shades of red, each varying in hue, saturation and intensity. In the same way, anger may range from irritation to homicidal rage. The table below summarizes the primary Emotions:

<table>
<thead>
<tr>
<th>Primary Emotion</th>
<th>Associated Conclusion, Thought, or Idea</th>
<th>Typical Evaluation</th>
<th>Survival Strategy</th>
</tr>
</thead>
<tbody>
<tr>
<td>Glad</td>
<td>I have what I want/need</td>
<td>Positive</td>
<td>Sustain it</td>
</tr>
<tr>
<td>Mad</td>
<td>Something is blocking me from what I want/need</td>
<td>Negative</td>
<td>Attack it</td>
</tr>
<tr>
<td>Sad</td>
<td>I have lost something I want/need</td>
<td>Negative</td>
<td>Regain it</td>
</tr>
<tr>
<td>Afraid</td>
<td>I may lose myself and/or what I have while attempting to get what I want/need</td>
<td>Negative</td>
<td>Resist it or Flee from it</td>
</tr>
<tr>
<td>Ashamed</td>
<td>Something about me and/or what I want/need is disgraceful, unworthy</td>
<td>Negative</td>
<td>Hide it</td>
</tr>
<tr>
<td>Loving</td>
<td>I am at peace, accepting of my relationship to what I want/need</td>
<td>Positive</td>
<td>Connect with it</td>
</tr>
</tbody>
</table>

Notice how each primary Emotion has an associated thought involving me [my sense of self] and some ‘other’ mental object. Notice also how most are typically defined as ‘negative’ except for happy/glad/joy, which is typically defined as a good and positive Emotion, and love. We’re all supposed to be loving and happy, right? What am I to think of myself if I am experiencing sadness and fear? No wonder most of us attempt to hide, deny, or repress sadness, shame and fear.

Each primary Emotion also has a survival strategy, an organic reaction associated with it. The typical person will unconsciously move to this strategy in the presence of the Emotion. Competing survival strategies create the primary source of conflict when a person experiences mixed Emotions.

Take a mixture of anger and shame as an example—my survival strategies simultaneously attempt to both hide something and attack it!
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Success Culture™ Beliefs & Models

A Symbolic Picture of the Primary Emotions

= Me

• Glad
  I have what I want/need.

• Loving
  I am at peace, accepting of myself regardless of what I want/need.

• Mad
  Something is blocking me from what I want/need.

= What I Want

• Sad
  I have lost something I want/need.

• Afraid
  I may lose myself and/or what I have while attempting to get what I want/need.

• Ashamed
  Something about me and/or what I want/need is disgraceful, unworthy

REFERENCES:

Data, Conclusions, Emotions, & Judgements
Success Culture™ Glossary

[END]