

Emotions and their Functions: Handout

Why do we have emotions? Emotions serve particular functions – to prompt us to respond quickly to dangers, to give us a ‘shortcut’ when making decisions, and occasionally, to remind us that we have done something inappropriate. The more we understand about the functions and purposes of our emotions, the more self-aware and emotionally intelligent we will be.

Instructions: A list of 12 emotions are provided below. Match each emotions with their functions by placing matching numbers on both the emotion and its function. The first one is done for you as an example.

Anger 1	Sadness 	Care and concern for another 	Violating social norms, behaving inappropriately
Gratitude 	Amusement 	Success that is recognized by others 	Appreciation of others, thankful for received benefit
Fear 	Disgust 	Injustice, unfairness, offense 1	Witnessing greatness or excellence
Surprise 	Love 	Satisfying, pleasurable experiences 	Threat, danger
Happiness 	Pride 	Unexpected, new situation 	Something humorous, or funny.
Inspired 	Embarrassment 	Revulsion, something rotten, morally offensive 	Sense of loss, dejection, call for help