

EMOTIONS TO NEEDS

Emotion-Focused Therapy (EFT) assumes that every emotion is a signal for a specific human need. In fact, emotions are tendencies to action.



Emotions (from latin *emovere*, to "move out, remove, agitate") convey information indicating what it is most important in our lives. Emotions are linked to our biological states and to our nervous system.

Instructions: First, identify what you feel. Second, use the boxes on the next page to map your emotion to the healthy, actionable need.

SADNESS

Disappointment
Discouragement
Resignation
Misery
Despair
Grief
Sorrow

FEAR

Nervousness
Anxiety
Dread
Desperation
Panic
Horror
Terror

ANGER

Annoyance
Frustration
Exasperation
Argumentativeness
Bitterness
Vengefulness
Fury

GUILT Behaviour-related

Discomfort
Embarrassment
Regret
Remorse

SHAME

Self-related

Inadequacy
Humiliation
Inferiority
Disgrace
Unworthiness
Worthlessness

SURPRISE

Confusion
Shock
Amazement
Admiration
Awe

DISGUST

Dislike
Aversion
Distaste
Repugnance
Revulsion
Abhorrence
Loath
Contempt

ENJOYMENT

Sensory pleasure
Satisfaction
Joy
Amusement
Relief
Love
Wonder
Excitement
Ecstasy



EMOTIONS TO NEEDS

Basic emotions are direct, initial reactions to our environment. They are innate & universal, and functionally adaptive, fundamental to our survival.

WHAT IS THE MESSAGE...

In EFT, basic or **primary emotions** have distinct purpose and functionality, and can work in your favour (**adaptive**) or against you (**maladaptive**), depending on your history of previous cumulated experiences, e.g. *learning it is ok to feel sad vs. fearing to feel sad, because you were punished when sad.*

Secondary emotions are emotional responses to primary emotions, e.g. *feeling angry you are feeling sad*, learned through socialisation, that divert us from staying in contact with our informative primary adaptive emotions.

SADNESS LOSS

Action tendency

Withdraw
Slow-down
Convalescence

Healthy Need

Healing
Soothing
Grieving
Connection

FEAR DANGER

Action tendency

Avoid
Keep away
Remove threat

Healthy Need

Safety
Protection

ANGER UNFAIRNESS

Action tendency

Attack
Reject
Assert

Healthy Need

Remove obstacle
Draw boundaries
Protection

GUILT STANDARDS

Action tendency

Fix/Solve problem
Correct mistake

Healthy Need

Self-respect

SHAME DEFECTIVE SELF

Action tendency

Hide/Cover-up
Reduce self-exposure

Healthy Need

Social acceptance
Approval
Belong to group

SURPRISE NOVEL STIMULI

Action tendency

Allocate attention
Open
Orient

Healthy Need

Information gathering

DISGUST CONTAMINATION

Action tendency

Aversion
Revulsion

Healthy Need

Self-preservation

ENJOYMENT PLEASURE

Action tendency

Savour
Stay close
Share
Play
Repeat

Healthy Need

Integration
Recovery
Connection
(to Self & Others)