

What am I feeling?	What is the emotion signaling (telling me) about my situation?	Emotion Urge (What to do?)	Connect facts of the situation to the signal
			Why it makes sense I'm feeling this emotion based on situation
Joy	Activity is good for well being	Do it	
Pride	Skill/Trait is useful to my well being	Use it/Build mastery	
Love	Aspect of a relationship is good for my well being	Pursue/ Maintain	
Anxiety	Threat to something important to me	Avoid threat	
Anger	Threat to something important to me / need is being blocked	Defend/fight against threat	
Sadness (Boredom)	Disconnected or loss of meaningful: activities relationships close connections	Process what's missing & Replace/obtain	
Depression	Something I am doing isn't working/ failing to replace what is missing	STOP ineffective strategy Try something else	
Hopelessness	What I'm doing is a hopeless way to replace or reconnect w/ what is missing	STOP current strategy Find new strategy	
Shame	I am wrong. Something is wrong with me that others will reject.	Hide it	
Guilt	I did something wrong. I crossed my and/or others' values	Repair/Fix	
Jealousy	Fear of losing something to another person	Protect	
Envy	I want something others have/I don't that I feel equally entitled to.	Pursue it	