

ACT improv theatre **ITUDE**
ATLAS OF EMOTIONS

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This Atlas has been made possible thanks to the collaborative work, imagination and creativity of the following people:

Photographs by Erika Gabrielle

Models:

Ana Herrero Blanco

Nefeli Kresteniti

Iris Fernández Poncela

Coral González Cid

Sonia Jiménez Bártulos

Nefrit Rivera Bocos

Panagiota Bissia

Raquel Sesma

Oyuki Morán

Photographic intervention coordinated by Julia Edna González León.

Interventions by:

Jesús

Asunción

M.ª José

Paz

Carlos

Santiago

M.ª Ángeles

Raúl

Marc

Design and edition: Julia Cuny Parra

Original idea: Daria Smolyanska and María Carracedo

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INTRODUCTION

This Atlas of Emotions aims to help you to familiarize yourself with definitions of emotions and their physical expression, also to gain insight into what causes emotions, which emotions we usually experience in difficult situations and how you can learn to manage your emotions.

This publication also aims to contribute to raise awareness among society by showing that the emotions we experienced by anyone are similar: any reader will feel identified, discovering that we, the humans, are all very similar; we all experience the same emotions, regardless our mental condition.

UNDERSTANDING EMOTIONS

“Emotions, are all those feelings that so change human as to affect their judgements, and that are also attended by pain or pleasure. Such are anger, pity, fear and the like, with their opposites.”

Aristotle (384–322 BCE)

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In psychology, emotion is often defined as a complex state that we experience as a feeling that results in physical and psychological changes that influence thought and behaviour. Emotions are triggered by an event that is either experienced or recalled .

Our emotional states are combinations of physiological arousal, psychological appraisal, and subjective experiences. Together, these are known as the components of emotion. These appraisals are informed by our experiences, backgrounds, and cultures. Therefore, different people may have different emotional responses even when faced with similar circumstances¹. Notwithstanding, emotions are experienced by all people. The reason is that emotions have a survival- adaptive function.

Darwin was the first scientist in considering the biology of emotions. In his 1872 book, *The Expression of the Emotions in Man and Animals*, Darwin carried out the first comparative study of emotion across species. He showed that emotion are present in animals as well as people and noted that these unconscious aspects have been extremely well conserved throughout evolution. Then emotions might well arise in higher organisms because they

¹ Psychology. Authored by: OpenStax College. Located t: <http://cnx.org/contents/4abf04bf-93a0-45c3-9cbc-2cef-d46e68cc@4.100:1/psychology>.

helped them survive by motivating to act quickly and take actions that will maximize the chances of survival and success. When we are angry, we are likely to confront the source of our irritation. When we experience fear, we are more likely to flee the threat. When we feel love, we might seek out a mate and reproduce.

Emotions also enable us to understand each other. According to some theorists, the physical expression of some basic emotions is universal; everyone is able of recognising the emotions felt by others by looking at their faces. This mutual recognition of emotions allows the social interactions, it allows us to respond appropriately and build deeper, more meaningful relationships with our friends, family, and loved ones. It also allows us to communicate effectively in a variety of social situations, from dealing with an irate colleague to support a friend.

However, emotion's compass is far from infallible. In fact, it is relatively easy to point us in the wrong direction. When that happens, we end up approaching and avoiding the wrong situations and/or people, which can, in turn, be quite problematic for our long-term goals and over time, it could have a negative impact on one's personal well-being and social relationships. Thus, it becomes really important that we learn how and when to trust our emotional compass. Stated in more technical terms, we sometimes need to regulate our emotions so that our behaviour does not end up at their mercy. Emotions have great potential for helping us navigate the environment, but we just have to experience them at the level that is most optimal in each context. That is to say, if handled correctly emotions can be harnessed to become our most potent guidance mechanism and compass to navigate life. Understanding your reactions to events is a powerful thing that can help you better manage them.

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WHAT ARE EMOTIONS?

Even though emotions are an integral part of our lives, trying to define emotions is a difficult task. Our explanations usually revolve around feelings, because the experience of feeling an emotion is such a big part of our life. However, feeling an emotion is only a part of it. Psychologists usually define emotions as multidimensional, which means that they encompass more than just one dimension.

When we think of emotions, we usually think of subjective feelings; the way emotions make us feel a certain way, such as sad. However, emotions are also biological reactions that prepare our body to face the situation we are currently in. When you feel angry, for example, your heart rate increases, in the

body's attempt to deal with the situation that you are in. Emotions are also socially expressive, which means that we usually express our emotions to others around us through our posture, gestures and facial expressions. Finally, emotions have a motivational component, which means that they direct our behavior

in order to achieve a goal or to cope with the circumstances. When you feel disgusted, for

example, this usually motivates your behaviour in a way that you reject something that could potentially be harmful for you (Reeve, 2008).

With this, we now covered the 4 main components that every emotion has:

1. Subjective feelings
2. Biological reactions
3. Motivational component
4. Social-expressive component

Nevertheless, emotions are more than the sum of their parts- so we can say that an emotion is that which puts feelings, biological reactions, motivations and expressive components into a coherent reaction to events that trigger our responses.

If we use an example to further explain these components: when you've experienced a failure in the past, you experienced a negative, aversive feeling (subjective component), which was accompanied with a decreased heart rate and low energy levels (biological reactions). Your face showed the typical expressions that accompany sadness, such as raised inner eyebrows and lowered corners of lips (social expressive component). You also felt the need to act in order to overcome the negative feelings. In that sense, emotions are considered adaptive, because they serve as an important motivator that guides your behaviour. We can also describe emotions as organizing processes that alert and motivate you toward action in pursuing important goals (Frijda, 1986).

You can further improve your understanding of this by trying to think of another emotion that you experience often and try to identify the four components that were described above.

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WHAT CAUSES AN EMOTION?

According to psychologists, we have two systems that activate and regulate our emotions (Buck, 1984).

The first system is a spontaneous, physiological system that reacts in an involuntary way to stimuli that trigger emotions. This system is biological and is responsible for processing information rapidly and automatically. This also means, it is harder for you to control. The second system, however, is related to your thought processes. This system depends greatly on our social environment and your past experiences. Both systems are complementary and work together in order to regulate our emotional responses.

Even though emotions can arise automatically, it is important to note that our understanding of the situation plays a crucial role in the way we respond to events. Theorists (Lazarus, 1991) that emphasize the role of our understanding in experiencing emotions claim that our own thought processes are necessary in order to experience emotions. They emphasize the importance of our own interpretations when experiencing an emotion. He argued that without seeing an event as important for our own wellbeing, there cannot be an emo-

tional response. In that sense, the meaning that we give to an event (and not the event by itself) gives rise to the emotional experience.

Several different interpretations are important for activating an emotional experience (Scherer, 1993).

Questions such as: “is this event good or bad? Am I capable of coping with the situation?” are some examples of interpretations that lead to different outcomes in the same situation. Imagine, for example, that you have an important event coming up, where you must give a speech in front of other people. If you answer to the question “am I capable of coping with the situation” is “yes”, then you will probably see the situation as challenging, but not impossible and thus experience positive emotions. If, on the other hand, your answer would be “no”, you will more likely experience negative emotions, such as fear. In that sense, our perceptions are the core of our emotional experiences.

The idea that emotions are events that are not only biological, but also rely heavily on our thought processes, is very popular among psychologists and other mental health professionals. This is mainly because it sheds light on the active role that we all can have when dealing with negative emotions.

Let’s look at a simple example. Imagine that you are waiting in a restaurant to meet a friend and that friend is already 10 minutes late. You try calling your friend, but they are not picking up. If you think to yourself “This is so rude, I bet my friend forgot about our meeting, because everything is more important to her/him than me” you will experience anger or perhaps sadness. However, if you think to yourself “this is very unlike her/him, something urgent must have come up and that’s why she/he is late. I’m sure she/he will let me know when she/he gets a chance” you will most likely not experience sadness or anger, but perhaps concern or feelings of empathy. From this example, it is evident that you can experience different emotions in the same situation. It is therefore not the situation that dictates your emotions, but your thoughts and appraisals of that situation. Of course, this process happens quickly and cannot always be controlled, but you can practice and improve your skills in identifying your interpretations and explanations of the situation in order to better control your emotions.

In order to put this to practice, try to think of a situation where you experienced a negative emotion such as sadness or anger in the last two weeks. Try to identify the thoughts that went through your mind at that moment. After that, try your best to come up with an alternative explanation of events. Observe how your emotions change when doing so.

STIGMA, EMOTIONS AND MH

According to the systematic review² on the prevalence and risk of violence against adults with disabilities recently carried out by Liverpool John Moores University's Centre for Public Health, a WHO Collaborating Centre for Violence Prevention, and WHO's Department of Violence and Injury Prevention and Disability, people with mental health conditions are at nearly four times the risk of experiencing violence than people without mental health conditions.

Persons suffering from mental illness are often subject to open demonstrations of social rejection in form of verbal and relational violence - disrespectful comments, insults and mockery, being ignored, etc. Interpersonal difficulties are inherent to many mental illnesses, which increases the vulnerability of people with these illnesses

Verbal aggression can be defined as a negative attitude towards someone. It can be expressed directly by content of the speech (e.g., insulting, saying hurtful words and calling someone mean names) and by the style of speech (e.g., mocking, yelling at someone or threatening him).

Relational aggression, on the other hand, is more indirect and includes purposeful manipulation and attempts to harm another person's friendships or feelings of inclusion (Solberg and Olweus, 2003).

The verbal abuse has devastating effects on the recovery, well-being, sense of safety, and self-esteem and community participation for individuals with serious mental illnesses, which isolates them even more and makes them more vulnerable to verbal violence. Offenses cause emotional problems and low self-esteem, which can form an important obstacle to recovery. The victims of abuse often see the insults received as truth and consider they deserve being mistreated; and thus accepting the role of a victim and adapting a passive attitude.

The offenses may come from different persons, family, classmates, people in the street, clerks... This violence represents another sign of the social stigma faced by these persons which has its main roots on misconceptions of what mental illness is. People with mental health illness are viewed as different, unstable or crazy instead of as people with a legitimate medical condition.

Focus groups discussion with people with mental health illness and analysis conducted in the framework of the ACTitude project revealed that behaviours such as criticism, humiliation and negativity are common types of verbal and emotional violence experienced by persons with prolonged mental illness. They reported about emotions, which are often felt

2 Hughes K, Bellis MA, Jones L, Wood S, Bates G, Eckley L, McCoy E, Mikton C, Shakespeare T, Officer A. Prevalence and risk of violence against adults with disabilities: a systematic review and meta-analysis of observational studies. *Lancet* 2012; doi:10.1016/S0410-6736(11)61851-5.

in these situations, such as anger, contempt, sadness, embarrassment and fear. Which emotions are typically experienced during difficult situations?

All emotions (even the unpleasant ones) have a function. Unpleasant emotions that we experience during difficult times are a signal for us that lets us know that something is not going well. They also motivate us to look for possible solutions for the problems we are facing. It is therefore important to familiarize yourselves with some emotions that are commonly experienced by us all. This way, you will be able to recognize the emotion as you are experiencing it, and this can help you understand your reactions better. Let us now look at some examples of emotions that we all experience when faced with difficult situations.

Fear: it arises when a person interprets the situation that they are in as potentially dangerous or threatening to their well-being. It arises when we assess that our coping abilities are not good enough for us to deal with the situation. The emotion of fear functions as a warning signal. It tells us that we are vulnerable and motivates us to withdraw from the situation. If fleeing the situation is not possible, it motivates coping skills such as being still and quiet. It can also motivate us to learn new skills to avoid similar situations in the future.

Anger: it arises when we interpret that something or someone interfered with our goals. Anger energizes our behavior and motivates us to face the perceived barrier directly and try to overcome it. Anger can be productive when it energizes our behavior and endurance in order to cope productively with the situation.

Disgust: it arises when we encounter an object/situation we deemed is contaminated in some way, such as bodily contamination (i.e., spoiled food), interpersonal contamination (i.e., proximity to undesirable people) or moral contaminations (i.e., child abuse). Disgust motivates us to reject the object/situation and motivates us to change personal habits and attributes in order to avoid this emotion.

Sadness: it arises from experiences of separation or personal failure. Sadness is a negative emotion that motivates us to initiate behavioural to avoid experiencing it in the first place and thus facilitates productive behaviours (such as maintaining social contacts). Not all situations that lead to sadness can be avoided, however. In situations that cannot be changed, people sometimes do not act in order to relieve their sadness but become inactive or lethargic and withdraw from other situations.

Anxiety: it is a feeling of uneasiness and worry, which is often accompanied by physical changes, such as muscle tension, restlessness, fatigue and problems with concentrating. It also arises when the individual is faced with a situation which the person views as potentially threatening for their wellbeing. If you carefully read the previous descriptions of emotions, this description should remind you of fear, which also arises in these situations.

There is an important distinction, however. We usually experience fear as a response to an immediate threat. Anxiety, on the other hand, is often experienced when we have the expectation of future threat and is therefore future oriented. In this way, anxiety (when it's not overbearing) functions as a reminder of future situations that are important for us and need attention.

Self-conscious emotions:

There is another group of different emotional states that are often experienced when we are struggling with our sense of self and how others react to us. They are called self-conscious emotions (Tangney, 1999). Some researchers also call them social emotions, because our relationships form the foundation for experiencing them and they typically arise in interpersonal contexts. The function of these emotions is relationship-enhancing, since they can benefit relationships in a variety of ways.

Shame: it usually involves a negative evaluation of yourself. When experiencing shame, people usually experience a sense of shrinking or of “being small” and a sense of worthlessness and powerlessness. It does not necessarily involve an actual observing audience and can also result from the imagery of how we would appear in front of others. Shame is a difficult emotion to experience, since it often orientates people towards separation and distancing. On the other hand, it can serve as an opportunity to examine our actions and motivates us to react differently.

Guilt: it usually does not concern the entire self and therefore does not affect our core identity, as shame does. It is primarily linked to a specific event or behaviour. People usually experience it as a sense of tension, remorse and regret over their actions. Guilt typically leads to reparative actions, which are often constructive, proactive and future-oriented. In those ways, it also improves our relationships in the long run.

MANAGING EMOTIONS

Emotions often feel very overwhelming and can sometimes be overpowering. In many situations, that can be disruptive and lead to poor performance. Therefore, it is important that we know how to manage or regulate our emotions. This means that we influence what emotions we experience, when and how we experience and express them (Gross, 2002). Emotion regulation often involves “down-regulation”, which means that an individual purposefully reduces the intensity of the emotion they are experiencing. If someone is feeling very anxious before an important event, they might distract themselves from thinking about the event by focusing on other things. Emotion regulation also entails strategies such as reappraisal, which means that an individual re-assesses the situation that they are in and try to think of different explanations for what is happening (think of our example with a

friend that is late). Emotion regulation strategies are often very simple and can be learned. Research has shown, that training these skills can help with coping in the long term (LeBlanc, Uzun, Pourseied & Mohiyeddini, 2017). Below, you can find some strategies that can help you manage your own emotions in difficult situations.

1. Take ten breaths: take ten slow, deep breaths. Focus on breathing out as slowly as possible until your lungs are completely empty, and then allow them to refill by themselves.

2. STOP technique: when you are feeling overwhelmed, stop and step back. Don't act immediately and instead, pause. Take a breath and notice as you breathe in and out. Observe your feelings and thoughts. Put the situation in some perspective – try to see the situation as an outside observer.

3. Visualization: create in your mind an ideal spot to relax. It can be real or imaginary. Imagine it in as much detail as you can – use your senses to make it as real as possible. Now close your eyes and take a slow breath in through your nose. Focus on your relaxation place in all its detail and breathe slowly.

4. Cognitive coping cards: try to identify some thoughts or actions that are helpful when you are feeling upset and write them on a card. It can be anything from reminders that the situation will pass, reminders of the skills that help you (e.g.: take a deep breath) or some calming thoughts. Use it when you are feeling overwhelmed.

5. Reattribution technique: when you are feeling upset, stop and try to identify the thoughts are crossing your mind. Try to come up with alternative explanations of the events.

Of course, these techniques will not help you manage your interpersonal relationships or manage disagreements that you have with others. These techniques, however, can help you to calm your intense emotions when you are in a difficult situation. This allows you to assess the situation better and think of possible solutions or other actions you can take to address the situation.

ATLAS OF EMOTIONS

In the following pages, you will find a selection of emotions and different definitions for each one: the academic one and the “lived” ones.



SURPRISE

An emotion usually induced by the unexpected events. It is one of the emotions that are very visible on the person's face- it included widening of the eyes, opening of the mouth, and gasp.

(N., Pam M.S., "SURPRISE," in PsychologyDictionary.org, April 13, 2013, <https://psychologydictionary.org/surprise/> (accessed January 19, 2021).

"When you do not expect something and happens, there is a trace of joy, because you expect something good"

INTRAS' user (Spain)

“Everything is surprise. The flashing world feels that a sea is suddenly naked, trembling, that it is that feverish and avid breast that only asks for the gleam of light.”

“**Destruction or Love**” (1935), — **Vicente Aleixandre**



“*The secret to humor is surprise.*” — **Aristotle**

“How many times have we not tasted ourselves a coffee that tastes like a window, bread that tastes like a corner, a beer that tastes like a kiss?”

“I am not here to make a speech” (2010),

— **Gabriel García Márquez**





CONFIDENCE

A feeling of having little doubt about yourself and your abilities, or a feeling of trust in someone or something. **(Cambridge Dictionary)**

“Get on well with others” “To have enough friendship” “Reciprocal soft spot”
INTRAS’ users (Spain)

“To share your weakness is to make yourself vulnerable; to make yourself vulnerable is to show your strength.”

— Criss Jami

“Man often becomes what he believes himself to be. If I keep on saying to myself that I cannot do a certain thing, it is possible that I may end by really becoming incapable of doing it. On the contrary, if I have the belief that I can do it, I shall surely acquire the capacity to do it even if I may not have it at the beginning.”

— Mahatma Gandhi

“You gain strength, courage and confidence by every experience in which you really stop to look fear in the face. You are able to say to yourself, ‘I have lived through this horror. I can take the next thing that comes along.’ You must do the thing you think you cannot do.”

— Eleanor Roosevelt, [You Learn by Living: Eleven Keys for a More Fulfilling Life](#)





interest

Interest is a response to novelty in our environment and motivates us to gain new information, develop greater understanding and learn. It urges us to explore and extract information from the objects and the environment that surround us **(Reeve, 2018)**

“Something you mind” **INTRAS’ user (Spain)**

"Wisdom begins in wonder"
— Socrates

"If you always do what is in your interest, at least one person will be pleased."
— Katherine Hepburn



I am only interested in something, as long as this something remains hidden from me, or is necessary for an end of mine, which has not yet been achieved. "Lessons on the philosophy of world history". (1837), Georg — Wilhelm Friedrich Hegel

"The true secret of happiness lies in taking a genuine interest in all the details of daily life." — William Morris.





JOY

Joy is the emotional evidence that things are going well. You experience joy in response to desirable outcomes related to personal success and personal relatedness or connection with other people
(Reeve, 2018).

Satisfaction, Being glad, Satisfaction.
When my daughter comes, I feel a great joy Happiness.
INTRAS' users (Spain)

“When you are joyful, when you say yes to life and have fun and project positivity all around you, you become a sun in the center of every constellation, and people want to be near you.”

— Shannon L. Alder

Joy is not in things; it is in us.

— Richard Wagner

“Joy is the feeling of a smile inside.”

— Melva Colgrove

For happiness one needs security, but joy can spring like a flower even from the cliffs of despair.

— Anne Morrow Lindbergh





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FEAR


noun)An unpleasant emotion that you have when you are frightened or worried by something dangerous, painful, or bad that is happening or might happen.

(Cambridge Dictionary)

Feeling frightened, upset, distressed.

It does not matter if it is justified or not, it is always negative, because it cause pain

INTRAS' users (Spain)



"Because fear kills everything," Mo had once told her. "Your mind, your heart, your imagination."

— Cornelia Funke, *Inkheart*

"You don't need to know the danger to be afraid; in fact, it is the unknown dangers that inspire the most fear"

— Alejandro Dumas (1802-1870)

Fear is a suffering caused by the expectation of evil.

— Aristotle (384 AC-322 AC)

She had a strange feeling in the pit of her stomach, like when you're swimming and you want to put your feet down on something solid, but the water's deeper than you think and there's nothing there"

— Julia Gregson, *East of the Sun*






ANGER

An emotion characterized by hostility and the expression of frustration. The function of this emotion may be cathartic, protective, or designed to remove a noxious stimuli.

N., Pam M.S., "ANGER," in PsychologyDictionary.org, April 7, 2013,
<https://psychologydictionary.org/anger/> (accessed January 19, 2021).

It is the evil that comes from us. To be very furious
INTRAS' users (Spain)



"Anger is an acid that can do more harm to the vessel in which it is stored than to anything on which it is poured."

— **Mark Twain**

Anger ... it's a paralyzing emotion ... you can't get anything done. People sort of think it's an interesting, passionate, and igniting feeling — I don't think it's any of that — it's helpless ... it's absence of control — and I need all of my skills, all of the control, all of my powers ... and anger doesn't provide any of that — I have no use for it whatsoever."

— **Toni Morrison**

"I am awfully greedy; I want everything from life. I want to be a woman and to be a man, to have many friends and to have loneliness, to work much and write good books, to travel and enjoy myself, to be selfish and to be unselfish... You see, it is difficult to get all which I want. And then when I do not succeed I get mad with anger."

— **Simone de Beauvoir**





Disgust

An emotion characterized by hostility and the expression of frustration. The function of this emotion may be cathartic, protective, or designed to remove a noxious stimuli.

N., Pam M.S., "ANGER," in PsychologyDictionary.org, April 7, 2013,
<https://psychologydictionary.org/anger/> (accessed January 19, 2021).

It is the evil that comes from us. To be very furious
INTRAS' users (Spain)



*Fear is danger to your body, but
disgust is danger to your soul.*
— Diane Ackerman

*“If only Rosaura’s mouth
had become a crackling!
And that she had never let
out those disgusting, smelly,
incoherent, pestilent, indecent,
repellent words. It would have been
better if she had swallowed them and
kept them deep down in her guts until
they rotted and festered. And would to God
she had lived long enough to prevent her sister
from carrying out such nefarious intentions.”*
— Laura Esquivel, *Like Water for Chocolate*

*“He was so full of disgust, disgust at the world and at
himself that he could not weep.”*
— Patrick Süskind, *Perfume: The Story of a Murderer*



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SADNESS

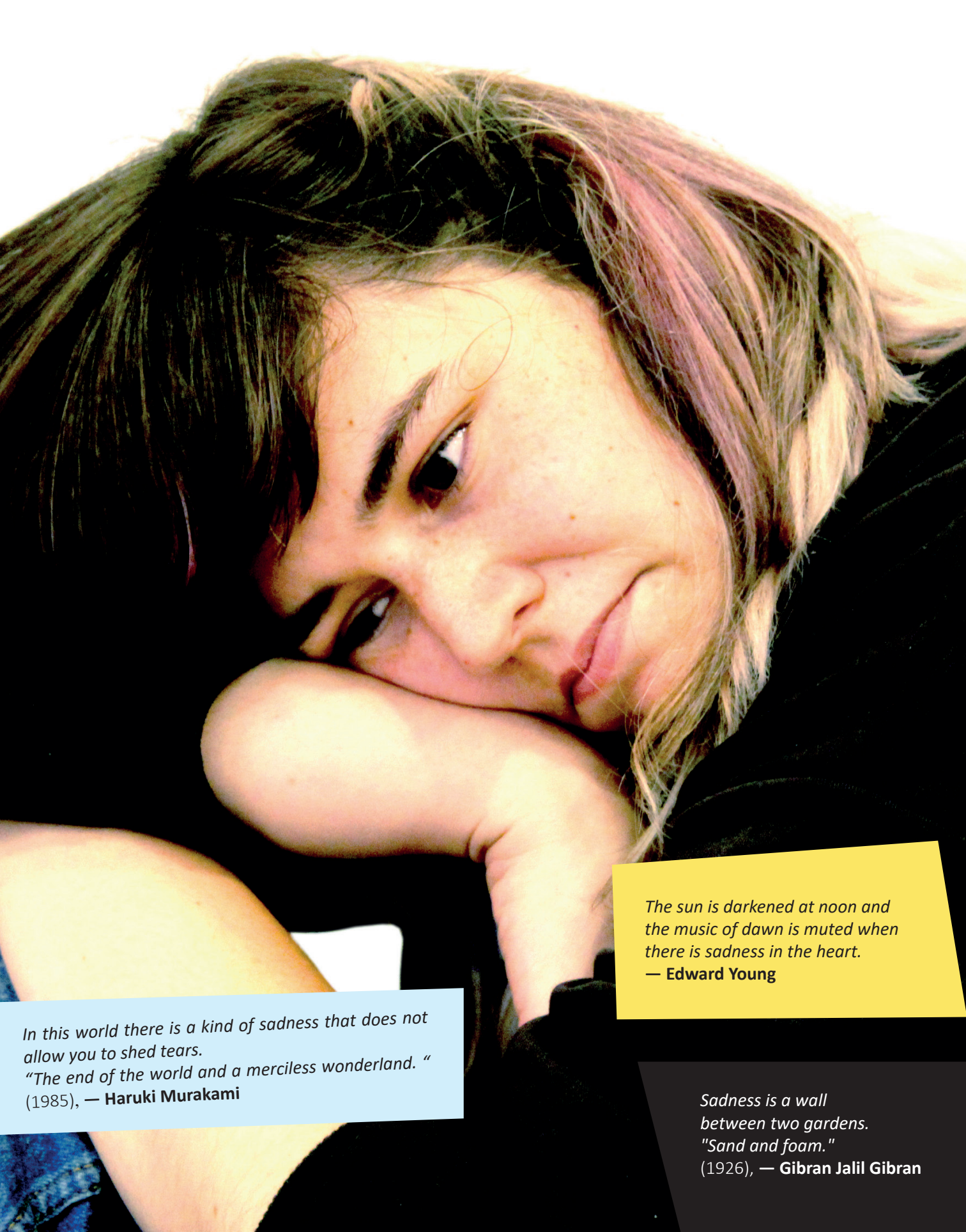
We experience sadness when we are separated from loved ones or experience failure. It can also occur when we are separated from a place (e.g., hometown), a valued position, or status. It turns our attention inward and promotes personal reflection (**Reeve, 2018**).

If persistent, may be indicative of major depressive episodes.

Anguish, it cause discomfort, confusion.

To be not in the mood for anything, your world falls apart.

INTRAS'users (Spain)



*In this world there is a kind of sadness that does not allow you to shed tears.
"The end of the world and a merciless wonderland. "*
(1985), — **Haruki Murakami**

*The sun is darkened at noon and
the music of dawn is muted when
there is sadness in the heart.*
— **Edward Young**

*Sadness is a wall
between two gardens.
"Sand and foam."*
(1926), — **Gibran Jalil Gibran**



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ANXIETY

Anxiety is closely related to fear. However, anxiety does not necessarily include an identifiable threat. We can be anxious, for example, about the unknown future. It is a state of undirected arousal and tension and often has a negative effect on our coping with the situation (Reeve, 2018).

It is a feeling of sadness in which you get it and you do not know how to get out. It is related with the fear you feel when you do not know what is going to happen

INTRAS' users (Spain)

Our anxiety does not come
from thinking about the future,
but from wanting to control it.

— Khalil Gibran





"I wondered how many people there were in the world who suffered, and continued to suffer, because they could not break out from their own web of shyness and reserve, and in their blindness and folly built up a great distorted wall in front of them that hid the truth."
— Daphne du Maurier (Rebecca)



"I'm wearying to escape into that glorious world, and to be always there: not seeing it dimly through tears, and yearning for it through the walls of an aching heart: but really with it, and in it."

— Emily Brontë (Wuthering Heights)



SHAME

Shame is often associated with feelings of inferiority and a sense of worthlessness. It arises after we behave in a way that is not desirable or fail at a task that we perceive as easy. It is the emotional reaction to our belief that we are inadequate, worthless, and inferior compared to others (Reeve, 2018).

A feeling of guilt because you've done something wrong. Shyness
INTRAS' users (Spain)

*"Shame
is a soul
eating
emotion."*
— C.G. Jung



*(...) I am ashamed of my sad mouth
of my broken voice and my rough knees;
now that you looked at me and came,
I found myself poor and I felt naked.(...)*
— Gabriela Mistral



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“ I
need to be alone. I need
to ponder my shame and my despair in
seclusion; I need the sunshine and the paving
stones of the streets without companions,
without conversation, face to face with myself,
with only the music of my heart for company.”
— Henry Miller (*Tropic of Cancer (Tropic, #2)*)



Guilt

In many respects, guilt is similar to shame, but it is not as intense and does not necessarily involve a negative self-image. It arises after we evaluate our behaviour (and not ourselves) as a failure. So the focus of guilt is usually our actions and behaviours, rather than our self-worth (Reeve, 2018).

When you feel responsible of the effect of something you've done
It is to search for the responsible of something, even if it is yourself
INTRAS' users (Spain)

Guilt is a rope that wears thin.

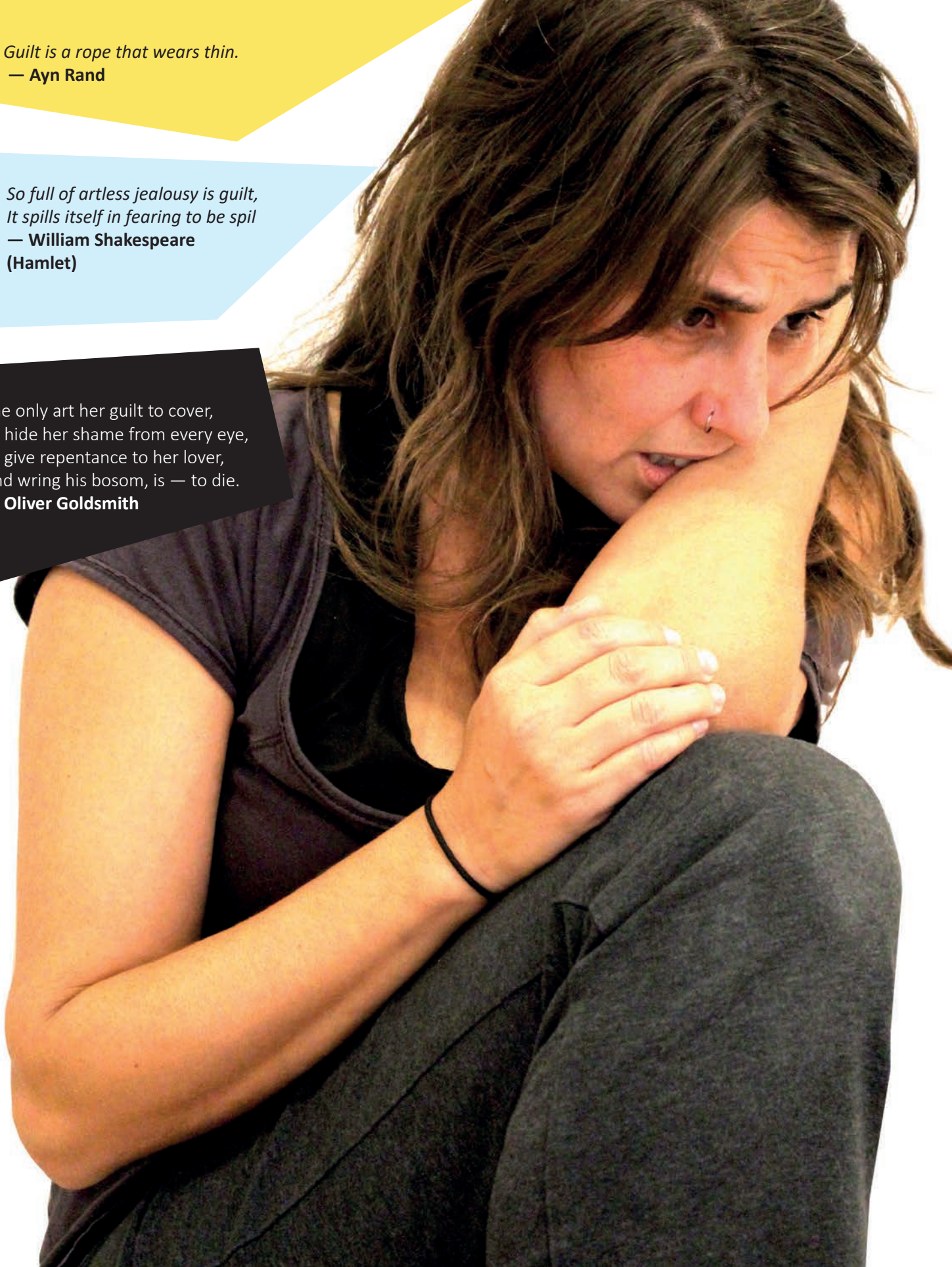
— Ayn Rand

*So full of artless jealousy is guilt,
It spills itself in fearing to be spil*

— William Shakespeare
(Hamlet)

The only art her guilt to cover,
To hide her shame from every eye,
To give repentance to her lover,
And wring his bosom, is — to die.

— Oliver Goldsmith







SATISFACTION


A pleasant feeling that you get when you receive something you wanted, or when you have done something you wanted to do

Cambridge Dictionary

The moment when you feel plenitude

It is similar to joy and happiness

INTRAS' users (SPAIN)



In all our contacts it is probably the sense of being really needed and wanted which gives us the greatest satisfaction and creates the most lasting bond.

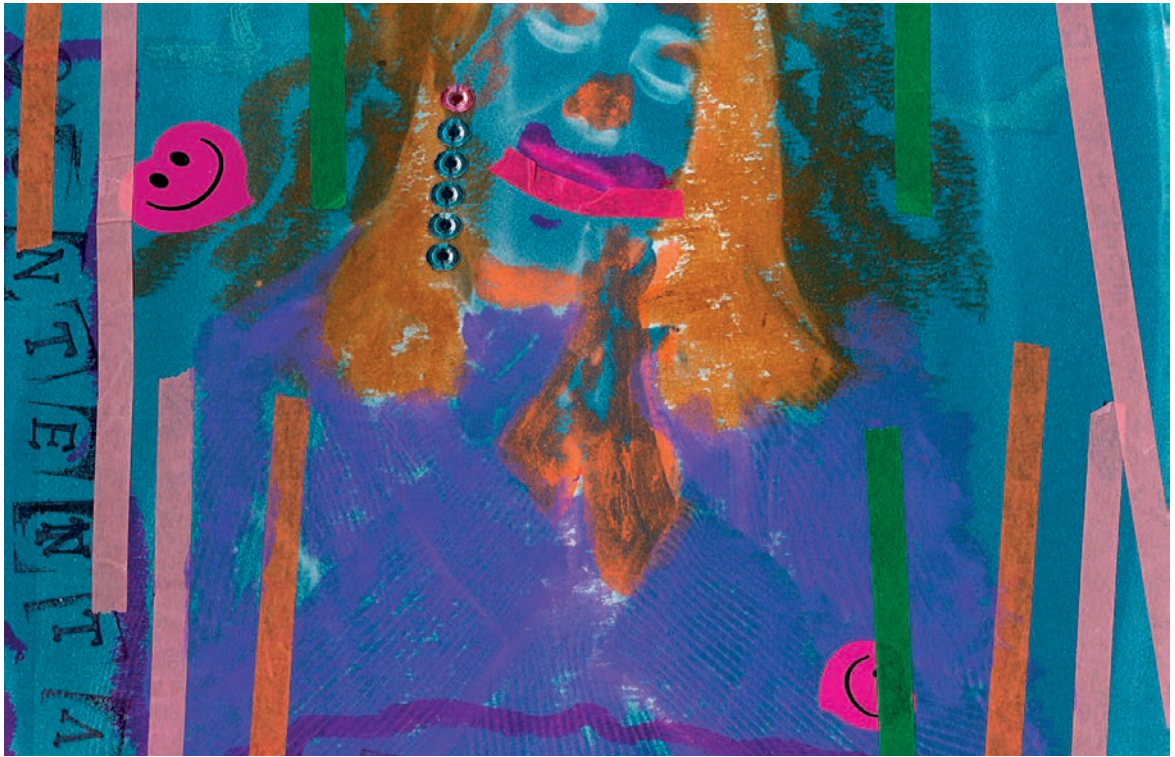
— Eleanor Roosevelt

“In a person’s lifetime there may be not more than half a dozen occasions that he can look back to in the certain knowledge that right then, at that moment, there was room for nothing but happiness in his heart.”

— Ernestine Gilbreth Carey,
Belles on Their Toes

True happiness is to enjoy the present, without anxious dependence upon the future, not to amuse ourselves with either hopes or fears but to rest satisfied with what we have, which is sufficient, for he that is so wants nothing. The greatest blessings of mankind are within us and within our reach. A wise man is content with his lot, whatever it may be, without wishing for what he has not.”

— Seneca





PRIDE


Pride is a self-focused emotion. It arises when we have a subjective experience of accomplishing, achieving, succeeding, feeling confident, being productive and fulfilled. It is rooted in internal attributions – we often feel pride when we attribute the reasons for our success to our skills and decisions (Reeve, 2018).

“When people look down upon at you”

“A euphoric moment”

“A misconception of self-esteem”

INTRAS’ users (Spain)



“Vanity and pride are different things, though the words are often used synonymously. A person may be proud without being vain. Pride relates more to our opinion of ourselves, vanity to what we would have others think of us.”

— Jane Austen, *Pride and Prejudice*

“Every woman that finally figured out her worth, has picked up her suitcases of pride and boarded a flight to freedom, which landed in the valley of change.”

— Shannon L. Alder



“I am the Cat who walks by himself, and all places are alike to me.”
Rudyard Kipling, The Cat That Walked By Himself



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