4. Name and discuss the seven universal emotions.

There are seven universal emotions: joy, surprise, contempt, sadness, fear, disgust, and anger. Emotions are short lived feelings that come from a known cause. They are displayed through sudden physical body language and facial expressions, such as smiling or laughing when happy, or crying when sad.

Joy

Is a feeling of great happiness, joy, or spiritual elation that comes from feeling well or satisfied. For instance, happiness makes you smile or laugh, like when you watch a dog play or feel the sand between your fingers. Two types of chemicals in the brain, dopamine and serotonin, cause our bodies to feel happy. Both of these chemicals are strongly linked to happiness. In fact, people with clinical depression often have lower amounts of serotonin. do their job and help you feel better.

On an internal level, we can feel joy in many different ways, such as with tears, elation, a deep sense of satisfaction, and so on.

Surprise

When something totally out of the blue happens to you and you're shocked. type of: amazed, dumbfounded. the feeling you get when something very surprising happens

When someone is surprised, the heart rate drops and the blood pressure goes up. All kinds of shocks had these effects, whether they were good or bad. Blood pressure seemed to go up more after a negative surprise than after a good one.

If something good comes as a surprise, we'll be happier or more joyful than we would have been without the surprise. In the same way, if we're surprised by something bad, our anger, hopelessness, or sadness will get worse because of the surprise**.**

Contempt

This is when you dislike someone or something and think you are better than them or what they do. It is fueled by adrenaline and can make you feel guilty, ashamed, and anxious if it goes against your inner values.

Sadness

A feeling of sadness that can range from mild to severe and is usually brought on by the loss of something important, like the end of a relationship, having trouble or feeling stressed at school or work. Changing homes. losing a friend or someone close to you. being sick or taking care of someone who is sick. a feeling of sadness that can range from mild to severe and is generally caused by the loss of something important (like the end of a relationship). One of the two main signs of a big depressive episode is feeling sad all the time. The other is not wanting to do anything.

Fear

This is an intensely unpleasant emotion felt in response to detecting or recognizing a danger or threat. Fear causes physiological changes that may occur.

The psychological reaction to fear changes your heart rate. Adrenaline Rushing causes shortness of breath and sweating. Fear is related to these emotions, Panic, anxiety stress and worry

Disgust

Is one of the seven universal feelings. It happens when you don't like something and feel bad about it. We can feel disgusted by things we see, smell, touch, hear, or taste. We can also feel disgusted by what other people do or how they look, or even by thoughts. Something that is going bad, sick, or dying. injury, surgery, or being exposed to the insides of the body. A person, animal, or thing that someone thinks looks bad perceived

wrongdoings or actions of others, like certain sexual urges, abuse, or slavery. First, the main parts of the disgust emotion are a physical reaction (nausea), a desire to stay away from the offensive object (avoidance), and a sensitivity to getting dirty or eating the offensive object.

Anger

Contempt is the feeling of dislike for and superiority over another person, group, or their actions. It is powered by adrenaline and can lead to unconscious guilt, shame, and anxiety if it violates deeper values