

## Identifying Universal Emotions

Emotion	Universal Trigger	Universal Function	Vocal	Sensation	Body Posture
<b>1. Anger</b>	We are blocked from pursuing a goal and/or treated unfairly.	Protection.	Roar or yell; when controlled it may have a sharp edge to it.	Feeling hot, sweating, muscle tension, and clenching one's jaw and/or fists.	Leaning forward with their head/chin jutting forward and puffing their chest/body to appear larger.
<b>2. Fear</b>	Arises with the threat of harm, either physical, emotional, or psychological, real or imagined.	Avoid or reduce harm.	One's voice often has a higher pitch and more strained tone. One may also scream.	Feeling cold and shortness of breath. It also may include sweating and trembling or tightening of muscles in the arms and legs.	Mobilising or immobilising - freezing or moving away.
<b>3. Sadness</b>	Resulting from the loss of someone or something important.	Signal a need for comfort or to take time to reflect.	Someone's voice can either become lower in pitch and softer in volume, or higher in pitch and louder in volume (e.g., wailing).	Tightness of the chest, heaviness of the limbs, stinging in the throat, and/or watery eyes.	Often a loss of muscle tone, a lowered or hunched posture, and looking away and/or downwards.
<b>4. Disgust</b>	Feeling of aversion towards something offensive (physically, other peoples actions or ideas).	To get away from, block off, or eliminate something offensive, toxic or contaminating.	"Yuck" or "Ew" sound, choking, and gagging.	Revulsion in the mouth, throat, and/or stomach, and nausea, or physical repulsion (i.e., vomiting).	Physically turning the head or body away from the source of disgust. When disgust leads to nausea, reactions also include covering the nose/mouth and hunching over.



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<b>5. Surprise</b>	Arises when we encounter sudden and unexpected sounds or movements.	Focus our attention on determining what is happening and whether it is dangerous.	Audible gasp – a quick, momentary intake of breath with surprise.	General sense of attentiveness.	Moving the head, bringing the hands up to shield the face, and/or stepping backwards away from surprising object.
<b>6. Contempt</b>	Feeling of dislike for and superiority (usually morally) over another person, group of people, and/or their actions.	Signal a feeling of superiority, of not needing to accommodate or engage, and to assert power or status.	Smug or disapproving sounds/tone of voice.	Sensations associated with the feeling can be quite different depending on the situation. At times, it may be felt with sensations similar to anger (i.e., tension, heat, etc.) and other times may be felt with enjoyment (i.e., elevated, uplifted, etc.). It can also feel uncomfortable and/or embarrassing to feel.	It's common to “puff up” one’s chest, have upright posture, look “down your nose” at others, and/or roll one’s eyes.
<b>7. Happiness</b>	Arising from connection or sensory pleasure.	As a social function, signalling friendliness and assuring that we are not a threat. Motivate others to do things that are good for survival.	Sigh of content, squeal of joy, excited exclamation or shout, or laughter.	Light/uplifted, energetic, buzzing or tingling, warm, or grounded.	Our posture can be either upright and elevated or still and relaxed.

## The 7 Universal Emotions and Micro Expressions

Emotion	Eyebrows	Eyelid/Eyes	Nose	Mouth	Other	Tell-tale Sign
<b>1. Anger</b>	Down and together.	Eyelids narrowing/tense into a glare.  Upper eyelid raised.	Sometimes flared nostrils.	Lips are tensed (pressed).  Open or closed mouth.  Open to speak or shout but are tense.	Often the jaw thrusts forward.	Glaring of the eyes.  Look for vertical lines between their eyebrows.
<b>2. Disgust</b>	Pulled down.	Eyes relaxed.	Wrinkles on side and bridge of the nose.  Raising of the nostrils.	Upper lip raised.  Horseshoe wrinkle from nostrils to lips.	Usually, the head will move back or to the side.  All in the centre line of the face.	Upper lip raised with some wrinkles around nose.  'Horseshoe'.
<b>3. Fear</b>	Eyebrows raised, straightened.	Upper lid raised.	-	Open mouth (might be slight).  Lips are stretched back horizontally.	Desire to take in more light and see more and getting us ready to scream or breathe more (under attack).	More whites of eyes shown with stretched lips.



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<b>4. Surprise</b>	Eyebrows raised, curved (rounded).	Raised upper eyelid.	-	Lips parted and relaxed (loose).	-	Rounded eyebrows and loose lips.
<b>5. Contempt</b>	-	-	-	Tightening of lip corner with or without hint of a smile.	Only unilateral expression (all on one side).	One side of face. Smirk.
<b>6. Happiness</b>	Wrinkling around the eyes (only 1/10 can intentionally cause this).	-	-	Lips pulled up.	Easiest to recognise.	Lips pulled up. Eye activity signals true joy.
<b>7. Sadness</b>	Inner corners of eyebrows raised.	Upper eyelid drooping.	-	Pulled down lip corners.	Hardest to fake. Almost always true as a micro expression.	Triangulation of the upper eyelid and the lowering of the lip corners.