

Emotions are GUIDES.

Here is a quick tutorial
on how each of
the big 5 emotions
is designed to
help our relationships

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SADNESS

Our sadness is our guide thru loss. It helps us process the pain and confusion that comes when we are grieving both small and big thing. It visits when we are 3 and pop a balloon, or when we are 30 and say goodbye to a loved one. It also draws other people towards us to comfort and support us.

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FEAR

Our fear is our guide away from danger. It is designed to help us move or hide or fight when we are faced with something that could harm us or someone else.

It is our inner protector, signaling to us that we need to shift away from something or someone and into safer spaces.

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ANGER

Our fear is our guide
towards necessary boundaries.

It signals to us that we are
feeling violated or mistreated in
a way that is problematic
for our well being. When we
honor our anger, we do not
harm others, we speak up to
prevent further harm to
ourselves.

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SHAME



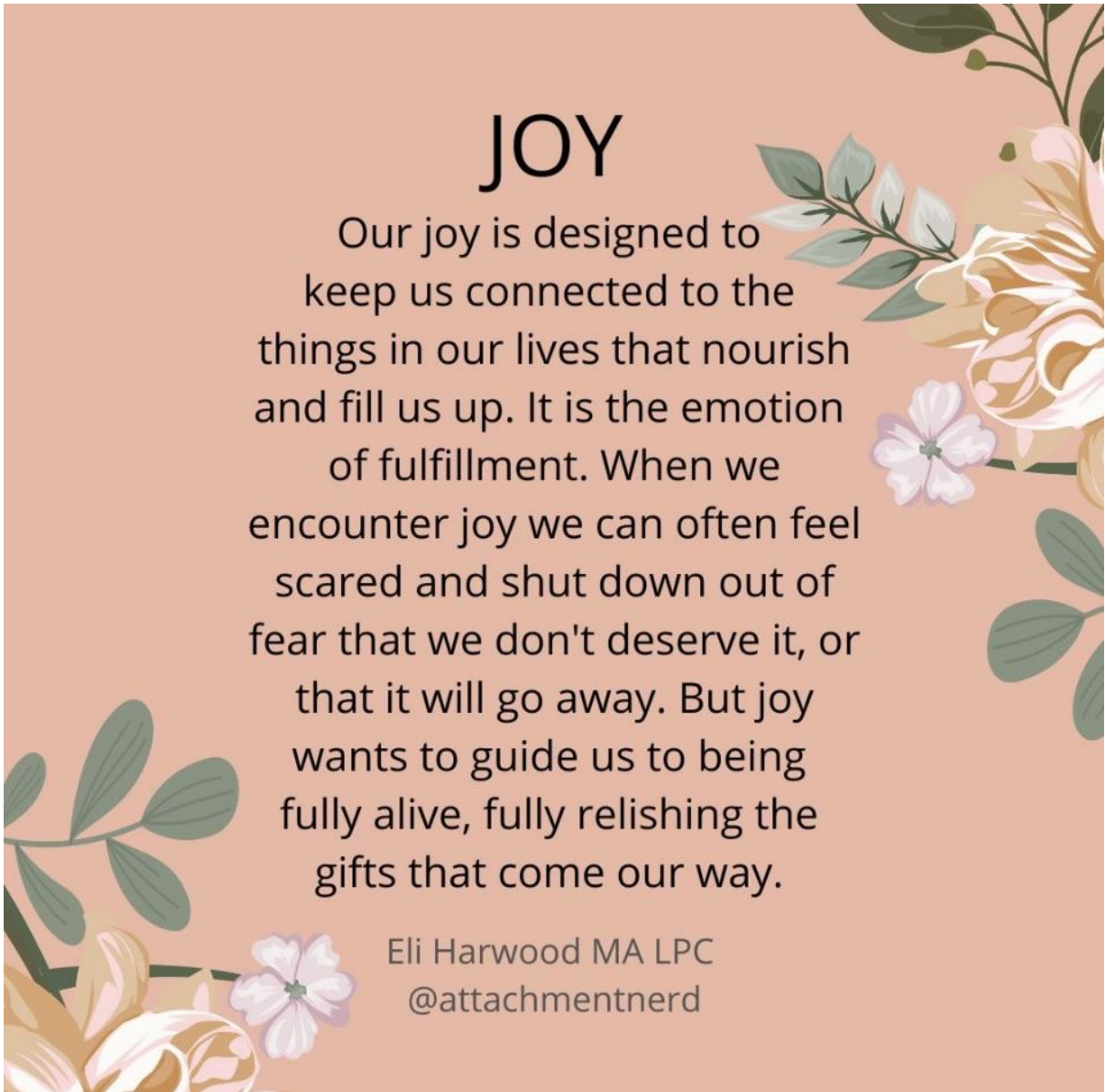
Our shame is designed to protect us from rejection. It initially triggers us to hide some part of ourself in hopes that we won't get thrown out of the village. But when you learn to notice shame, it can guide you to be vulnerable with safe people about your feelings, which in turn DEEPENS your bonds.

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JOY

Our joy is designed to keep us connected to the things in our lives that nourish and fill us up. It is the emotion of fulfillment. When we encounter joy we can often feel scared and shut down out of fear that we don't deserve it, or that it will go away. But joy wants to guide us to being fully alive, fully relishing the gifts that come our way.

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The key is to believe and understand that every human emotion has a purpose and can be used to deepen a relationship. Knowing why we have each emotion can help you use those emotional moments as opportunities instead of seeing them as liabilities.