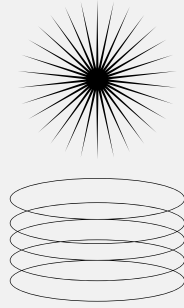


Emotions



Purpose

Anger	To fight against problems
Anticipation	To look forward and plans
Disgust	To reject what is unhealthy
Fear	To protect us from danger
Joy	To remind us what's important
Sadness	To connect us with those we love
Surprise	To focus on new situations
Trust	To connect with people who help

Information gathered from [sixseconds.org](https://www.sixseconds.org) (2023)