






# MINDFULNESS

## MINDFULNESS OF EMOTIONS

### - SIGNS & MEANINGS

The stories we tell ourselves about prior events leading to the feelings at hand can easily become entangled with the raw emotion itself. Even when we are not consciously aware of what is moving through us or another, there are a variety of signs that can inform us about what mindfulness of emotions are at play. Once we understand what emotions are present, we can look more closely at what they are signifying. Here are few examples of the visual signals that an emotion is present and what the underlying meaning might be.

EMOTION	SIGNS	MEANINGS
 <b>ANGER</b>	When expressed outright, anger comes out as a roar; however, it is sometimes more controlled. More subtle signs include a sharp edge in the voice, narrowed lips, focused eyes, and lowered brows.	Ranging from dissatisfaction to boundary challenges to threat.
 <b>FEAR</b>	Fear shows up on the face as wide eyes, stretched lips, and raised eyebrows. We may physically withdraw from whatever the threat is. Other signals include screaming, heavy breathing, and a pulling away of the head.	Ranging from slight concern to panic.
 <b>DISGUST</b>	Disgust appears visually as a protruding tongue, a raised upper lip, and a wrinkling of the nose.	Ranging from wishing for something to be kept away to the belief that something is socially or morally wrong or unclear.
 <b>SADNESS</b>	This emotion shows up as a frown, as raised cheeks, as eyebrows drawn upwards and together, and as tears. A quivering voice and sobbing often accompanies the emotion.	A desire for comfort or empathy.
 <b>ENJOYMENT</b>	Smiles and wrinkling around the outer corners of the eye are most common. A sign of relief or laughter are auditory cues.	From contentment with the feelings present to an encouragement of social interaction.