

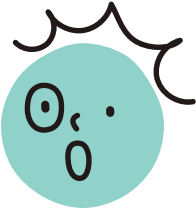

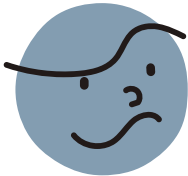

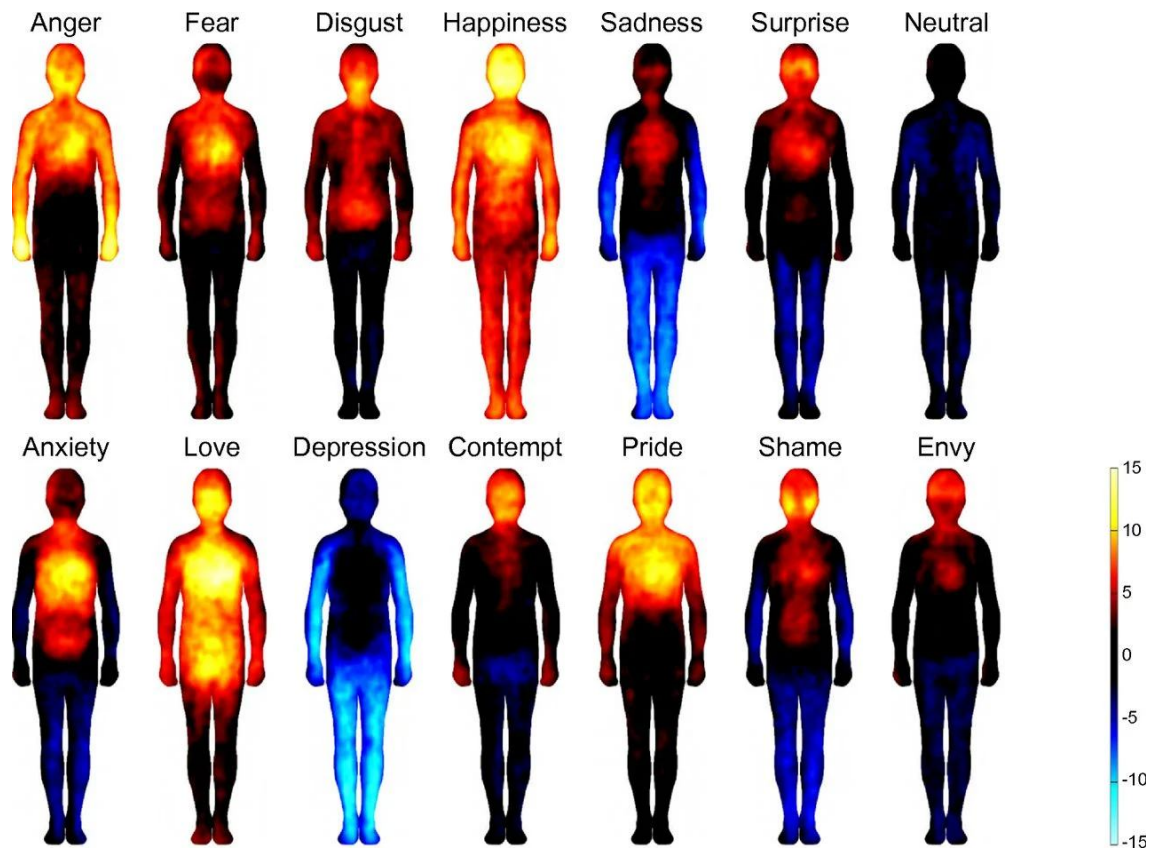


Body Sensations Associated With Emotions

| Basic emotion | Related emotions/feelings | Related physical sensations / behaviors | |
|---|--|--|---|
|  <p>Happy</p> | <p>Joy Curious Proud Satisfied Courageous Peaceful Intimate Optimistic</p> | <p>Open Energetic Awake Inflated Tall Soft Calm Jaw set</p> | <p>Steady Relaxed Still Sensitive Warm Light Buzzing</p> |
|  <p>Fear</p> | <p>Embarrassed Unwanted Inferior Insecure Anxious Scared</p> | <p>Blushing Unsteady Cold Tense Frozen Quiet</p> | <p>Heart racing Foot tapping Fidgety Numb hands Trembling</p> |
|  <p>Surprised</p> | <p>Shock Confusion Awe Excitement</p> | <p>Jumpy Sweaty Palms Breathless Speechless</p> | <p>Jaw drop Eyebrows up Electrified</p> |
|  <p>Sad</p> | <p>Guilt Abandoned Despair Depressed Lonely Apathetic</p> | <p>Looking down Empty Curling up Slouching Crying Body aches Tiredness</p> | <p>Hollow feeling Changing heartbeats Heaviness Weak Eye rolls</p> |
|  <p>Disgust</p> | <p>Disapproval Disappointed Awful Aversion</p> | <p>Shuddering Writing Need to move Face scrunched</p> | <p>Nausea Lump in throat Queasy Turn away</p> |
|  <p>Anger</p> | <p>Hurt Insecure Hateful Mad Aggressive Irritated Distant Critical</p> | <p>Trembling lips Limp Hiding Feeling hot Scowl Turn away Loud words Flushed</p> | <p>Heart racing Clenching fist Tight jaw Headache Numb Guts turning Curled lips</p> |

Bodily sensation map

Bodily topography of basic (upper row) and nonbasic (lower row) emotions associated with words. The body maps show regions whose activation increased (warm colors) or decreased (cool colors) when feeling each emotion. ($P < 0.05$ FDR corrected; $t > 1.94$). The colorbar indicates the t-statistic range.



Additional notes

References

Braman, L. (2020, August 14). *Emotion sensation feeling wheel - printable feelings wheel resources for adults and kids*. LindsayBraman.com. <https://lindsaybraman.com/sensation-feelings-wheel/>

Nummenmaa, L., Glerean, E., Hari, R., & Hietanen, J. K. (2013). Bodily maps of emotions. *Proceedings of the National Academy of Sciences*, 111(2), 646–651. <https://doi.org/10.1073/pnas.1321664111>