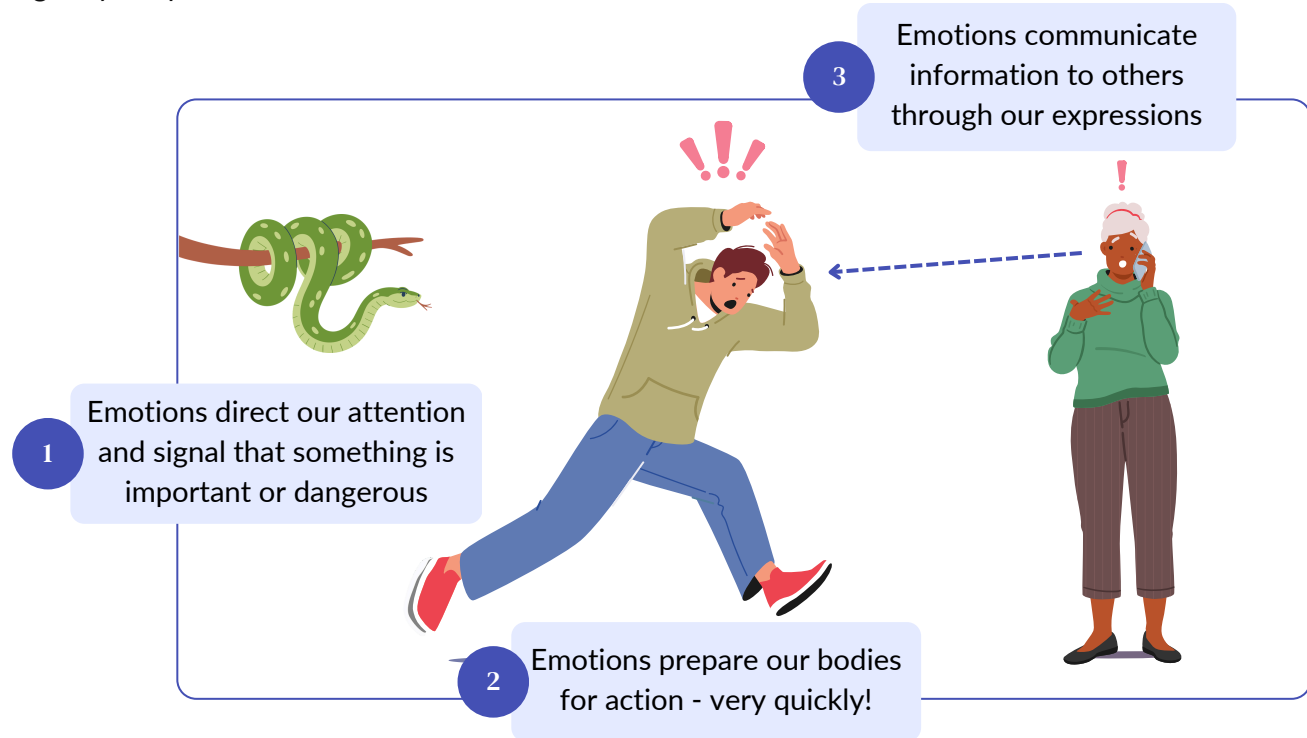


# Function of Emotions

## DBT: Emotion Regulation Skills

Today, humans have many complex emotions. But originally, our most basic emotions like fear, anger, and disgust evolved to keep us alive. Emotions *very quickly* help us identify what is important (or dangerous!), get our bodies ready to act, and communicate to others - without having to think logically or speak, which take more time.



Each of our most basic emotions is listed below, along with the emotion's associated 1) external "facts" or prompts, 2) urges to act, 3) expression, and survival function.

Emotion	1 In the environment, when...	2 Your body prepares to...	3 Others may see you...	This emotion helps us survive because it...
Fear	there is a threat to your safety or wellbeing	escape or hide	shake, cry, sweat, run	helps us and others escape danger
Anger	there is a threat or offense to a loved one	fight or defend	frown, clench your fists, yell	helps us fight back and defend loved ones/selves
Disgust	Something might sicken or contaminate you	recoil or get away	gag, turn "green," grimace, cringe	helps us and others avoid illness or contamination
Sadness	You (might) lose someone/thing forever	slow down and grieve	cry, wail, shut down	signals to others that we need support
Shame	Others think you've done wrong	hide, shrink, withdraw	blush, slump, cover your face	helps us avoid rejection from the group

\*This worksheet provides information but is not a substitute for therapy. It works best with guidance from a professional.





# Additional Resources to Support Your Mental Health Journey

It can be hard to know where to begin looking for support in your mental health journey. Getting a referral from a primary care physician is a reliable first step. Also, sometimes family and friends have experienced similar issues and have professionals they would recommend. The experts at ChoosingTherapy.com are here to help as well, with resources we have reviewed and recommend. Our [strict editorial standards](#) ensure our reviews are fair, honest, thorough, and based on firsthand experience.

## You Can Trust ChoosingTherapy.com



**325+**  
Companies Reviewed



**3,625+**  
Hours of Firsthand Experience



**1,545+**  
Data Points Analyzed



### [Best Online Therapy](#)

Online therapy is a convenient way to connect with a licensed therapist to address mental health issues, reduce unhealthy behaviors, develop effective coping skills, and get more satisfaction out of life. Many companies accept insurance and most have next-day appointments available.

### [Best Online Psychiatry](#)

Online psychiatry providers enable patients to consult with licensed psychiatrists and other mental health professionals. They can evaluate, diagnose, and prescribe medication to help manage mental health issues. Many companies accept insurance and most have next-day appointments available.



### [Best Mental Health Apps](#)

Apps can be great way to monitor mood, track sleep, journal, and practice healthy coping skills like mindfulness and meditation. There are apps specifically designed to help people reduce the symptoms of depression, anxiety, ADHD, chronic stress, and burnout.

### [Therapist Directory](#)

When you're looking for a mental health provider with a very particular skill set, level of experience, or personality type, a therapist directory can be very helpful. Using the filters, you can refine your search until you find a therapist who feels like a perfect fit.





# Tools for Self-Assessment and Psychoeducation

Figuring out the next step in your mental health journey can be overwhelming. Developed by psychologists, the tools at [ChoosingTherapy.com](https://www.ChoosingTherapy.com) can help. Our mental health self-assessment quizzes can help you explore common symptoms of mental health concerns, as well as find the best therapy style for you. Our mental health worksheets can guide you through therapy concepts and how to use them in your life.

## [Learn More with Mental Health Quizzes](#)

Our collection of psychologist-developed mental health quizzes can help you learn if you are experiencing mild, moderate, or concerning levels of anxiety, depression, stress, burnout, and more. Each quiz also provides targeted resources based on your answers. These self-assessments are designed to offer insight, not diagnoses, and can be a helpful first step in recognizing symptoms and deciding whether to seek further support. If you have concerns about your mental health or your quiz results, we recommend you reach out to a licensed mental health professional.



## [Free Mental Health Worksheets](#)

Search our collection of therapy worksheets by mental health topic, therapy modality, or demographic group. Our free, psychologist-developed worksheets make therapy exercises understandable and relevant to daily life. Find worksheets for help with ADHD, anxiety, depression, relationship difficulties, and other common mental health challenges.