

## Mindfulness of Emotions: Primary & Secondary Emotions

It's important to be able to separate primary and secondary emotions. This can be tricky since primary emotions trigger other emotions so quickly we usually aren't aware it's happening.

### Primary versus Secondary Emotions:

**Primary Emotions** are our immediate emotional response to what just happened. These

It also helps to be more precise, using words beyond upset or uncomfortable, to better understand and support your emotions. Please look over a few examples of this below:

**Anxiety & Fear Words:**

Afraid, Apprehensive, Cautious, Distrustful, Dread, Endangered, Excited, Fearful, Hesitant,

Worried, Nervous, Anxious, Reluctant, Reluctant, Concerned, Worried, Anxious