ATRIA PSYCHOTHERAPY

What Your Emotions Are Telling You

Emotions are signals, not flaws — and your body usually notices first.

Each emotion carries information about what matters to you, what feels threatened, or what you might need. Learning to notice the body signal helps you respond — instead of just reacting.



Anxiety

OFTEN SIGNALLING

Something feels uncertain or unsafe. Your system is scanning for threat and bracing for what might happen.

NOTICE IN YOUR BODY

- Racing or pounding heart
- Tight chest, shallow or quick breathing
- Knots or butterflies in the stomach
- Tense shoulders, restless hands, sweaty palms



Anger

OFTEN SIGNALLING

A boundary has been crossed, something feels unfair, or an important need isn't being met.

NOTICE IN YOUR BODY

- Heat rising in your face or chest
- Jaw clenching, fists tightening
- Faster heartbeat, tense muscles
- Urge to raise your voice or act fast



Sadness

OFTEN SIGNALLING

Something you valued is missing — a loss, a disappointment, or a goodbye.

NOTICE IN YOUR BODY

- Heaviness in the chest
- Lump in the throat, tears close by
- Low energy, heavy limbs
- Slumped posture, wanting to withdraw



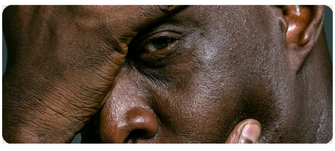
Shame

OFTEN SIGNALLING

A fear of being seen as flawed or "not enough" — and of being judged or rejected for it.

NOTICE IN YOUR BODY

- Hot, flushed face
- Urge to shrink, hide, or disappear
- Eyes dropping, shoulders hunching
- Tight, sinking feeling in the stomach



Guilt

OFTEN SIGNALLING

You may have acted against your own values — or worry you've hurt someone.

NOTICE IN YOUR BODY

- Knot in the stomach, tight chest
- Restlessness, replaying the moment
- Heavy, uneasy feeling that lingers
- Urge to fix it or say sorry



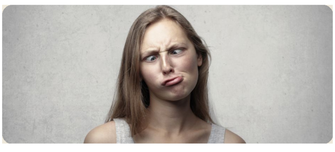
Joy

OFTEN SIGNALLING

Something is going well — connection, safety, meaning, or a moment worth savouring.

NOTICE IN YOUR BODY

- Lightness or warmth in the chest
- Relaxed muscles, easy breathing
- Smiling, bright eyes
- Energy and an urge to share it



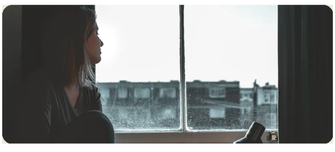
Disgust

OFTEN SIGNALLING

Something feels wrong, unhealthy, or off — or clashes with your values.

NOTICE IN YOUR BODY

- Nausea or stomach churn
- Nose wrinkling, pulling back
- Tight throat
- Urge to turn away or push it aside



Loneliness

OFTEN SIGNALLING

Your need for connection and belonging isn't being met right now.

NOTICE IN YOUR BODY

- Empty or aching chest
- Heaviness and tiredness
- Restlessness, or a flat, numb feeling
- Craving contact — or withdrawing from it

HOW TO LISTEN TO AN EMOTION

1 Pause
Slow down and notice what's here, without judging it.

2 Name it
Give it a word — "I'm noticing anxiety."

3 Locate it
Where do you feel it in your body right now?

4 Ask
What might this be pointing to — and what do I need?

No emotion is "bad." Each one carries information.

You don't have to obey the feeling — but listening to it helps you choose what to do next.