

# The Bio-Emotive Integral Framework of Feelings and Emotions

	<b>SURVIVAL EMOTIONS</b>			
<b>Context</b>	THREATENED			
<b>Feeling</b>	<b>Helpless</b>	<b>Inadequate</b>	<b>Adequate/ Sufficient</b>	<b>Potent/ Powerful</b>
<b>Emotion</b>	FEAR	FEAR	ANGER	ANGER
<b>Behaviour</b>	Freeze/collapse	Flee	Confront	Attack

	<b>SOCIAL EMOTIONS</b>			
<b>Context</b>	VULNERABLE/ SAFE/ SUPPORTED			
<b>Feeling</b>	<b>Helpless</b>	<b>Inadequate</b>	<b>Adequate/ Sufficient</b>	<b>Potent/ Powerful</b>
	<b>Lost/ Disoriented</b>	<b>Alone</b>	<b>Connected/ Cared for</b>	<b>Inspired/Vision/Purpose</b>
	<b>Worthless</b>	<b>Insignificant</b>	<b>Significant/ Acknowledged</b>	<b>Valued</b>
		<b>Bad</b>	<b>Good</b>	
		<b>Loss/ Empty</b>	<b>Fullness/ Complete</b>	
		<b>Hopeless</b>	<b>Optimistic</b>	
<b>Emotion</b>	SAD	SAD	HAPPY	HAPPY
<b>Behaviour</b>	Cry	Cry	Smile/ Laugh/ Giggle	Smile/ Laugh/ Giggle