

May 2026 EBP TIP OF the Month

Type of Basic Emotions

Brought to you by

ICIS Interagency Council on
Intermediate Sanctions



Types of Basic Emotions

- When we experience events, it's normal to feel **EMOTIONS** 
- **EMOTIONS** are a biological reaction designed to help us process events, make decisions, and survive in our environment
- Sometimes **EMOTIONS** can feel big and confusing
- Identifying **EMOTIONS** in a simple way can help us to cope better 😊
- Use this picture guide to identify what **EMOTION** is present:

Types of Basic Emotions



1. Happiness



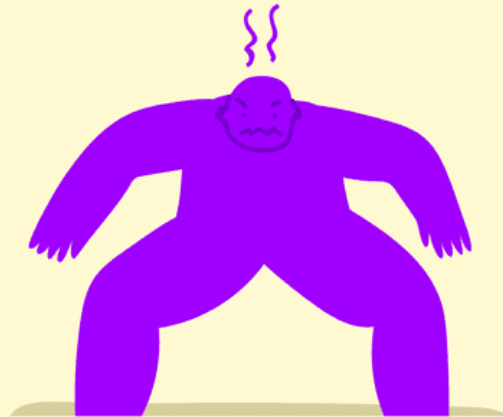
2. Sadness



3. Fear



4. Disgust



5. Anger



6. Surprise

How to Work with Emotions

- Use a Thinking Report as a tool to gain insight about how events, thoughts, and outcomes connect to our EMOTIONS
- Once we have identified what EMOTION connects with our experience we can get self-awareness and self-feedback about how our emotions affect us.
- Self-awareness about our EMOTIONS helps us to cope better and feel more self-confident about handling the events 😊
- Remind yourself that EMOTIONS are healthy and natural responses- they should be honored, not suppressed💙.

THINKING REPORT

SITUATION:

THOUGHTS:

FEELINGS:

ATTITUDES/
BELIEFS:

OUTCOME:

Franklin Reality Model describes four basic needs: 1) love and be loved; 2) feel important; 3) survival; and 4) variety.
WILL THE RESULTS OF YOUR BEHAVIOR MEET YOUR NEEDS OVER TIME?

Tip of the Months Related Topics

December 2022: How to do a Thinking Report

January 2023: Communication Style

February 2023: Thinking Report: Use of Interventions

ICIS Website for Tip of the Month: <http://icis.hawaii.gov>