

Lightbulb Moments

Insights into understanding emotions

(5 in a series of 9)



Six Basic Emotions (I)

presumed to be hard-wired and physiologically distinctive



Flushed face
Brow muscles
inward and
downward
Nostrils flare
Jaw clenches



Eyes widen
Pupils dilate
Upper lip rises
Lips stretch
horizontally



Nostrils clench
Eyes screw up
Corners of mouth
downturn

(Faces courtesy of www.feelingfacescards.com)

Paul Ekman (1972)



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