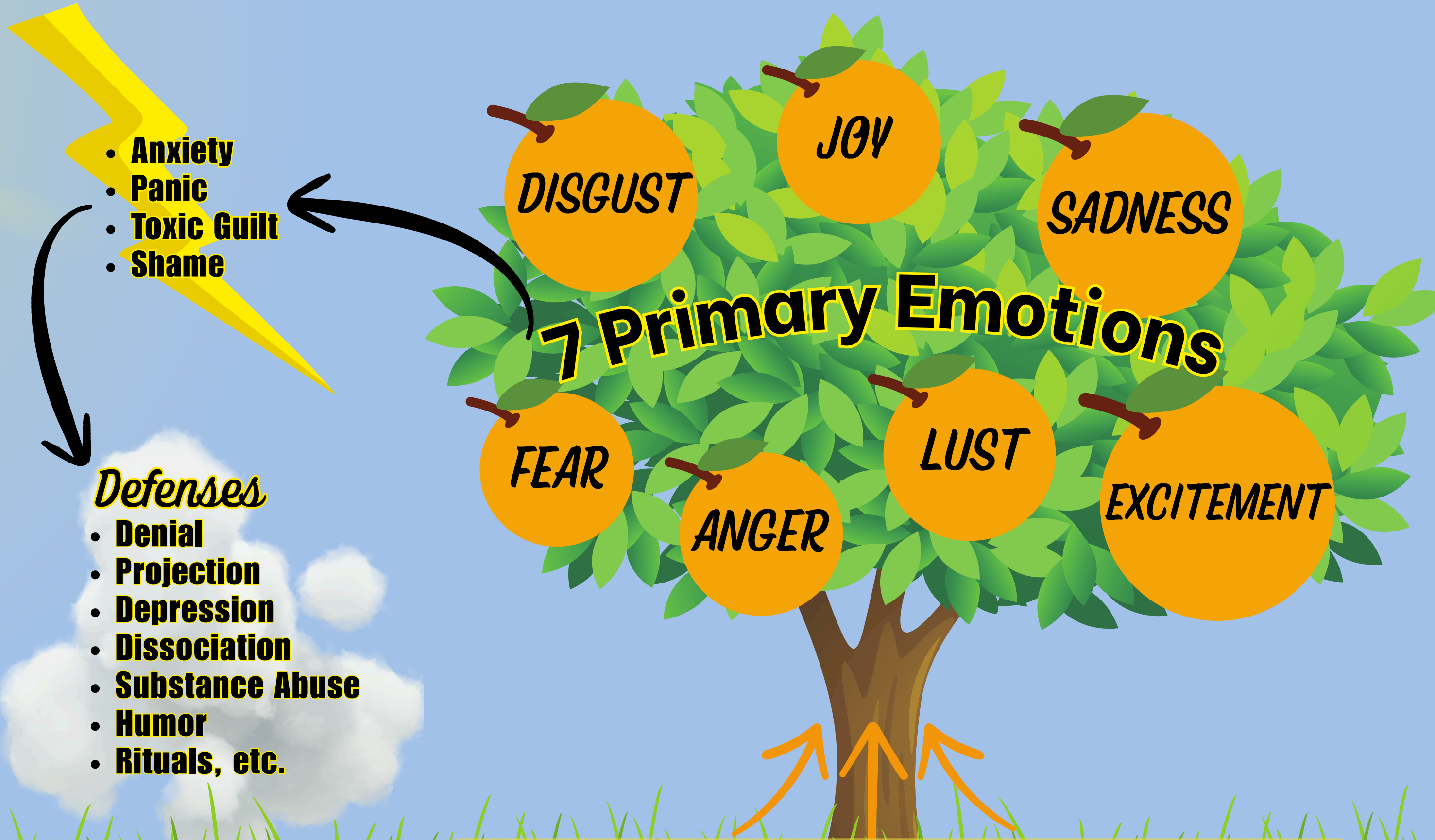


Emotions



Emotions are spontaneous, unconscious responses to the environment or internal cues.

Ideally, they spur us to **action** or **expression**, and then they are “done.”

All emotions are **good** and **healthy**.