



Emotions! Making Sense of Your Feelings

Mary C. Lamia

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What is the point of guilt? Or anxiety? Or hope? Just what are these emotions trying to tell you? Everything!

Emotions are a powerful and extraordinary part of being human. Your emotions serve as an instant cueing system to inform you about situations and motivate you to take actions.

- Anxiety can sharpen your focus and direct your attentions.
- Pride can lead you to take on something new and challenging.
- Guilt can motivate you to correct situations that interfere with your relationships.

All of your emotions are valuable—they inform you, affect the decisions you make, and can motivate you to reach your goals.

Emotions! Making Sense of Your Feelings will help you gain powerful insight into a significant part of who you are. While your emotional life may feel tumultuous, your emotions are priceless. It's time to figure out just what your emotions are telling you!

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