An Anatomy of Emotion From "A Unified Theory of Emotion" Happiness (H/), Anger (A/), Sadness (S/), and Fear (F/) Energy Centers MIND satisfaction (H/) stroke SPIRIT connection (H/) lift, sway purposefulness (A/) press focus (A/) frown of concentration detachment (S/) rub, breathe dissatisfaction (S/) rub, breathe distraction (F/) twitch, jiggle nose aimlessnessness (F/) jiggle SOUL pleasure (H/) smile, lick upper lip attraction (A/) jut, firm up chin BODY discomfort (S/) cough, clear throat, breathe vibrate (F/) flap elbows repulsion (F/) rock back stop (S/) drop, relax tighten (A/) exert sway (H/) flow HEART Fear (F/) shiver, shake BODY

