

Emotional Labeling

Label these emotions: 1 - 6



1. 2. 3. 4. 5. 6.

Emotion 1: _____

Emotion 2: _____

Emotion 3: _____

Emotion 4: _____

Emotion 5: _____

Emotion 6: _____

The key is to look at these areas:



- 1 Inner brow raise
- 2 Outer brow raise
- 3 Brow lower
- 4 Upper lid raise
- 5 Lower lid tighten
- 6 Lip stretch
- 7 Jaw drop

Diagram 4. 7 core emotional facial muscles



Diagram 5. 7 core emotional facial muscles details

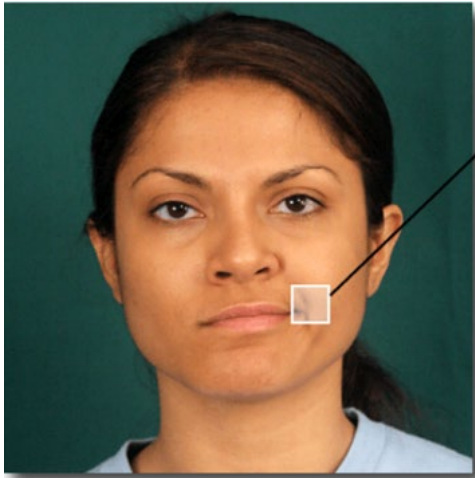
How did you do?



What is the missing emotion according to Paul Ekman's research?

- Did you get contempt?

Face of Contempt



Tightened and raised lip corner on one side of the face

- Contempt is the only unilateral expression
- It can occur with or without a hint of a smile or angry expression

Diagram: 6. Emotion of contempt

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