

TABLE 5.2. Key Elements in the Emotion Sequence

Stimulus event	Cognition	Feeling state	Overt behavior	Effect
Threat	"Danger"	Fear	Escape	Safety
Obstacle	"Enemy"	Anger	Attack	Destroy obstacle
Gain of valued object	"Possess"	Joy	Retain or repeat	Gain resources
Loss of valued object	"Abandonment"	Sadness	Cry	Reattach to lost object
Member of one's group	"Friend"	Acceptance	Groom	Mutual support
Unpalatable object	"Poison"	Disgust	Vomit	Eject poison
New territory	"Examine"	Expectation	Map	Knowledge of territory
Unexpected event	"What is it?"	Surprise	Stop	Gain time to orient

Note. From *Emotions in the Practice of Psychotherapy*, by R. Plutchik, 2000, p. 69. Copyright 2000 by the American Psychological Association. Reprinted with permission.