

Emotions and their Associated Animal Behaviors.

The table below shows the links between brain networks, animal behaviors, factors of intelligence, neurotransmitters and emotions. If you are a beginner, just take a look at the bottom two rows: emotions and animal behaviors. There are more notes below.

EMOTIONS & ANIMAL BEHAVIORS

Networks

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6

Factors of intelligence needed for behaviors

Senses, attention

Alertness, orientation

Concentration, observation, imagination, memory, emotional stability

Creativity, tool-use,

interaction

Intellect, analysis, computation

Planning, judgement, decisions, strategy

Key neuro- transmitters

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☐ serotonin

☐ dopamine

☐ Oxytocin/

☐ cortisol

☐ acetylcholine

☐ norepinephrine

☐ endorphins

☐ **Animal behaviors processed**

☐ *"serene and clean"*

☐ grooming, hibernation, birthing, cleaning, hygiene, self-care.


☐


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 Identifying dangerous material substances

 *"seek & squeak"*

 exploration, seeking, hunting, courting, migration.



 Warning allies of danger, remembering dangerous places

 *"befriend & bond"*

 bonding, mating, befriending, making allies, empathy



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☐ OR

☐

☐ *"fight & flight"*;

☐ Emergency life-saving behavior, defense, protection

☐ *"create & cooperate"*;

☐ nest-building, skill-sharing, group play, cooperation, interaction, tool-use, creativity.

☐

☐ Restraint, respect, rectitude, politeness, self-control, (interactive social behavior)

☐ *"assess & impress"*;

☐ gathering, assessing & distributing resources competently among allies, hoarding & storing for hard

☐

☐

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☐ Maintaining & communicating integrity, status & reputation

☐ *"coordinate & communicate"*

☐ synergy, problem-solving, predicting, decisions, planning, communication, coordination.



☐ Discrimination, judgement, strategy

☐ **Emotions by various names and associated type**

☐ Comfort, contentment, centeredness, happiness, peace of mind.



☐ Disgust, repulsion, revulsion, nausea

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☐

☐ Desire, lust, attraction, fascination, excitement, surprise.

☐☐

☐ Alarm, concern, watchfulness, caution.

☐ Friendliness, amiability, goodwill, geniality, kindness, affection.

☐

☐ Defensiveness, protectiveness, resistance, deflection

☐ Playfulness, light-heartedness, inspiration, fun.

☐☐☐

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☐ Determination, staying power, resolve, patience, stamina, tenacity

☐ Confidence, self-esteem, pride, optimism.

☐☐☐

☐ Courage, bravery, prudence, caution, wariness

☐ Joy, bliss, love, fulfilment, clarity, elation.

☐☐☐

☐ Sorrow, grief, sadness

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You will learn elsewhere that it is important to understand the difference between emotion and sentiment. This table is to help you clarify that. All the emotions listed in the table are healthy and natural.

If you look at the animal behavior row, you'll see there's a short phrase that sums up each category of behavior (for example, "serene & clean" or "fight & flight"). These are easy to remember and will remind you what sort of behaviors each network does processing for.

If you compare the emotions to the behaviors they are associated with, you can see how biology is working with intelligence to produce the right 'moods' for every interaction (for example, it seems obvious that a creature would need to feel lusty and excited when courting a mate, or s/he would get bored and lose interest.) In human terms, the same basic behavior sometimes applies in more abstract ways (for example we must feel interested in exploring a subject or a procedure in order to learn and remember it well. If we were mice, we would be interested in exploring and learning about our territory in just the same way.)

Once you can see how healthy emotions link with basic healthy animal behaviors, it's much easier to see how sentiments lead to harmful behaviors. So even if you don't know the difference yet, thinking about these links now will help you understand it later.