

Primary Emotions List

Name Dave Buznik	
Name of Healthcare Professional Dr. Buddy Rydell	Date of Session December 17, 2023
List of Primary Emotions	
Happiness	
Examples of when patient feels happy Dave struggles to recall recent moments of happiness but mentions feeling content when working on his model ships.	
Physical sensations associated with happiness Dave reports a rare sense of relaxation and a decrease in muscle tension during these moments. He also smiles.	
Sadness	
Examples of when patient feels sad Dave expresses sadness when he talks about misunderstandings with his girlfriend, Linda	
Physical sensations associated with sadness He experiences a heavy feeling in his chest and a lack of energy	
Fear	
Examples of when patient feels fear Dave admits to feeling fear during confrontations, particularly with authority figures or in unexpected situations.	
Physical sensations associated with fear He describes a rapid heartbeat and sweating.	

Anger

Examples of when patient feels angry

Dave often feels anger in traffic, at work, and in situations where he feels unfairly judged or misunderstood.

Physical sensations associated with anger

He notes clenching his fists and jaw, along with an increase in blood pressure. When enraged, he does not think of consequences and engages in dangerous and violent outbursts

Surprise

Examples of when patient feels surprised

Surprise is rare for Dave but occurs in situations with sudden changes or unexpected outcomes in his routine

Physical sensations associated with surprise

He experiences a jolt of adrenaline and momentary disorientation.

Disgust

Examples of when patient feels disgusted

Dave feels disgust when encountering dishonesty or manipulation in personal or professional interactions.

Physical sensations associated with disgust

He describes a sensation of nausea and a desire to withdraw.

Reflecting on Emotions

How do these emotions affect the patient's daily life and relationships?

Dave's difficulty in managing anger significantly impacts his relationships and work, and has gotten him in hot water with the law multiple times. His fear and surprise reactions often lead to withdrawal, while his sadness and disgust are less expressed but affect his trust in others.

Are there any emotions the patient finds difficult to recognize or express?

Dave struggles most with expressing sadness and fear, often masking these emotions with anger.