FLASH Feelings

Fear: the emotion you feel when you think or expect that something negative is going to happen to you.

Love: the emotion you feel when you have no desires or expectations and are just enjoying the moment.

Anger: the emotion you feel when a desire or expectation has not been met and you still want it met.

Sadness: the emotion you feel when a desire or expectation has not been met and you have given up hope of having it met.

Happiness: The emotion you feel when a desire or expectation has been met or you believe it will be met.