

# The Purpose of Emotions

- 1** Keep us safe by warning us when something feels “off” and there is danger
- 2** Help us connect with others through empathy and bonding
- 3** Influence hormone release (like oxytocin) that supports trust and comfort
- 4** Guide decision-making, attention, and memory
- 5** Help us feel grief and joy together
- 6** Help us know when we are hungry, tired

