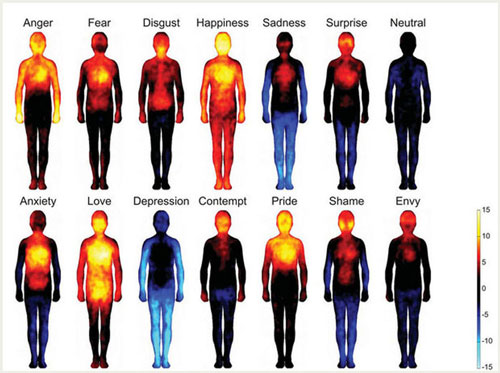
**1. Emotions are quite physical, as different body parts react to different emotions**

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[*Image source*](http://articles.mercola.com/sites/articles/archive/2014/01/30/eft-mapping-emotions.aspx)

[Fact Source](http://articles.mercola.com/sites/articles/archive/2014/01/30/eft-mapping-emotions.aspx)

**2. According to scientists, there are 8 primary innate emotions:  joy, acceptance, fear, surprise, sadness, disgust, anger, and anticipation**

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[*Image source*](http://kintara101.deviantart.com/art/Group-Hug-D-GIF-Part-1-545265913)

Other important emotions like ‘love’ are results of permutation and combination of these

[Fact Source](https://books.google.co.in/books?%20id=xSBWAQAAQBAJ&pg=PA57&lpg=PA57&dq=8+primary+innate+emotions,+joy,+acceptance,+fear,+surprise,+sadness,+disgust,+anger,+and+anticipation&source=bl&ots=mnFMgNoSLc&sig=2JQfUn5pEOz-UNdFmfJrwlB5dmI&hl=en&sa=X&ved=0CCMQ6AEwAWoVChMI54_U5tWjxwIVAxmOCh3P3AKn#v=onepage&q=8%20primary%20innate%20emotions%2C%20joy%2C%20acceptance%2C%20fear%2C%20surprise%2C%20sadness%2C%20disgust%2C%20anger%2C%20and%20anticipation&f=false)

**3. Laughter is contagious FOR REAL, as your brain prepares your facial muscles for it upon hearing someone else laughing**

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[*Image source*](http://www.thegospelcoalition.org/blogs/trevinwax/2014/07/19/laughter-and-holiness/)

[Fact Source](http://www.medicaldaily.com/catch-me-if-you-can-4-things-you-didnt-know-are-contagious-278732)

**5. In fact, your facial muscles kind of control your power of displaying and detecting emotions**

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[*Image source*](https://www.realeyesit.com/blog/mona-lisa-s-smile-in-the-mind)

[Fact Source](http://psychcentral.com/news/2010/02/01/facial-expressions-control-emotions/11082.html)

**6. Fear makes us actively use more muscles than we usually do**

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[*Image source*](http://dreamatico.com/fear.html)

As it prepares our body for anything bad that might come.

[Fact Source](http://lifehacker.com/what-anxiety-actually-does-to-you-and-what-you-can-do-a-1468128356)

**7. And you can actually smell fear, scientists say**

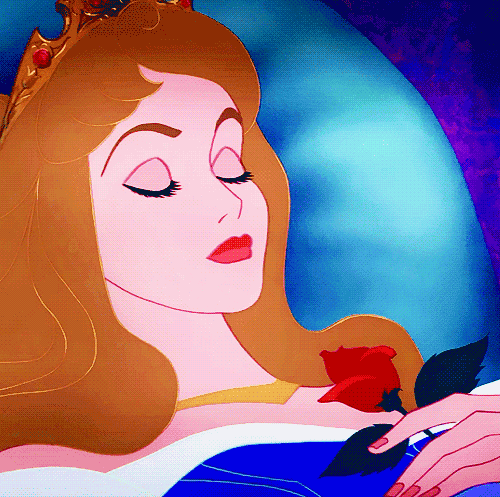
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[*Image source*](http://www.brobible.com/life/article/smelling-farts-could-save-your-life/)

A chemical pheromone is released in their sweat when people are afraid, and other people can smell, even if they are unaware of it.

[Fact Source](http://www.theguardian.com/science/2008/dec/04/smell-fear-research-pheromone)

**8. Dreaming helps to diminish the effects of bad memories**

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[*Image source*](http://imgur.com/gallery/FTSWd9p)

Our brain does it by simply making more logical conclusions of those memories, while we are sleeping, and, therefore, can’t use our judgement.

[Fact Source](http://www.livescience.com/17216-dreaming-relieve-bad-day-study-suggests.html)

**9. Anger can make people physically sick**

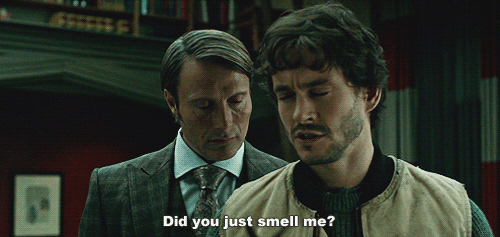
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[*Image source*](https://in.lifestyle.yahoo.com/why-husband-not-best-friend-5-witty-examples-125022026.html)

Anger increases the long-term risk of heart attacks and strokes and weakens the immunity system.

[Fact Source](http://www.dailymail.co.uk/health/article-2124219/Calm-Being-angry-makes-ill-Shrinking-lungs-haywire-heart-immune-shutting-down.html)

**10. Smells have quite an effect on our emotions**

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[*Image source*](http://rainrivermusic.deviantart.com/art/Did-you-just-smell-me-gif-380518943)

Especially unpleasant smells trigger the negative emotions immediately.

[Fact Source](https://books.google.co.in/books?id=4s7XuZuSYRAC&pg=PA210&lpg=PA210&dq=Smells+have+quite+an+effect+on+our+emotions&source=bl&ots=vME2scmzrs&sig=WTo5gh1DgGQ_u1GxihpqmJc-goc&hl=en&sa=X&ved=0CCMQ6AEwAWoVChMIo_acuNmjxwIVTJ6OCh04tgfy#v=onepage&q=Smells%20have%20quite%20an%20effect%20on%20our%20emotions&f=false)

**11. And that flutter of butterflies in your tummy is actually your stomach crying for help**

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[*Image source*](http://www.glamsham.com/download/wallpaper/10414/ajab-prem-ki-ghazab-kahani-wallpapers/20608.htm)

Because all the blood is rushing to the muscles and stomach isn’t getting enough supply.

[Fact Source](http://www.washingtonpost.com/wp-dyn/content/article/2010/05/09/AR2010050902953.html)

*Your emotions are the slaves to your thoughts, and you are the slave to your emotions. ― Elizabeth Gilbert.*