

**Activating Affects in general are:**

Feelings that move us to open up, engage, or approach;  
feelings that move us to become energized and initiate action, to approach rather than avoid,  
to open up rather than shut down, to run rather than freeze

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**There are 8 common Activating Affects:**

**Positive Feelings Toward the Self** Maintenance of positive self-esteem and the protection of the integrity of self and self-care; self-compassion, self-care, self-esteem, (healthy) pride or joy in self, self-confidence, self-worth

**Anger/Assertion** Activation to assert needs, set limits, push back, or stop an undesired action or boundary violation

**Closeness/Tenderness** Activation of a nurturant response to others' needs, as well as openness and trust in others; activation to embrace, hold and care for others, and to be receptive, open, and vulnerable to them

**Sadness/Grief** Activation to cry, to engage social support, to relieve pain, and to accept the fact of loss

**Fear/Terror** Activation to flee or run away

**Enjoyment/Joy** To calm and soothe the mind and body and to repeat pleasurable actions; activation of relaxing muscles and letting go, accepting with equanimity

**Interest/Excitement** Activation of focused attention, approach or exploratory behaviors

**Sexual Desire**

Activation to engage in sexual behavior