

# Facial Expressions

Compiled by  
Dr. Aly N. El-Bahrawy

The man seems a trifle angry, doesn't he? Though we have no clue what triggered his reaction (he is in fact an actor), the emotion is written all over his face. Most of us will have no trouble reading it, no matter where we come from.



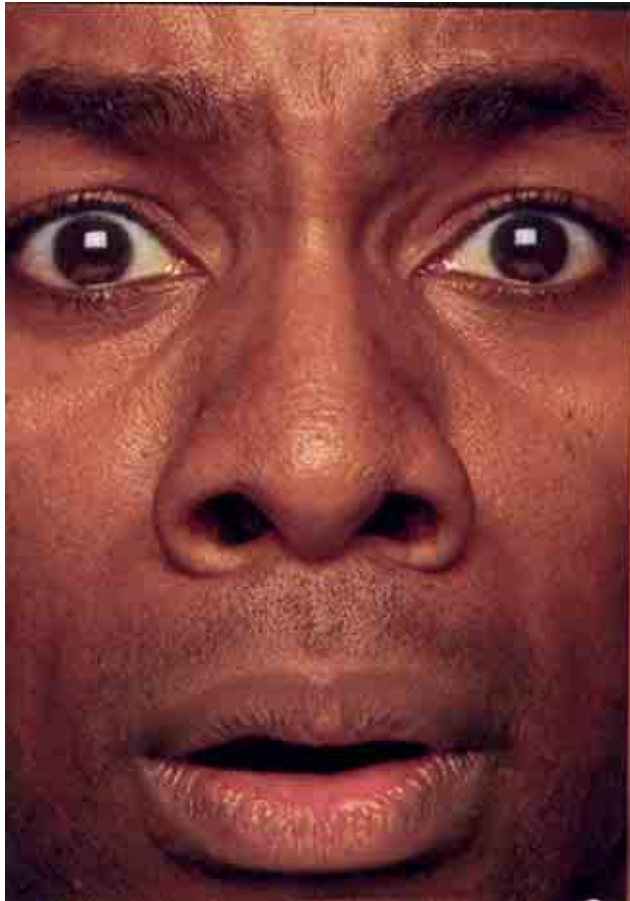
# Facial Expressions and Emotions

- *Facial expressions of basic emotions are universal*
- *They are evolved to prepare us to deal quickly with circumstances we believe will affect our welfare.*
- *Most emotional triggers are learned.*
- *Once such an emotional association is made, it is difficult, if not impossible, to unmake it.*
- *We can learn to manage our emotions better.*
- *One way to manage emotions is to be aware of what triggers it.*

# Four Expressions

- Fear
  - Fear and surprise are difficult to differentiate
- Sadness
- Happiness
- Disgust

# Can You Read These



# Can You Read These



# Can You Read These



# Can You Read These

