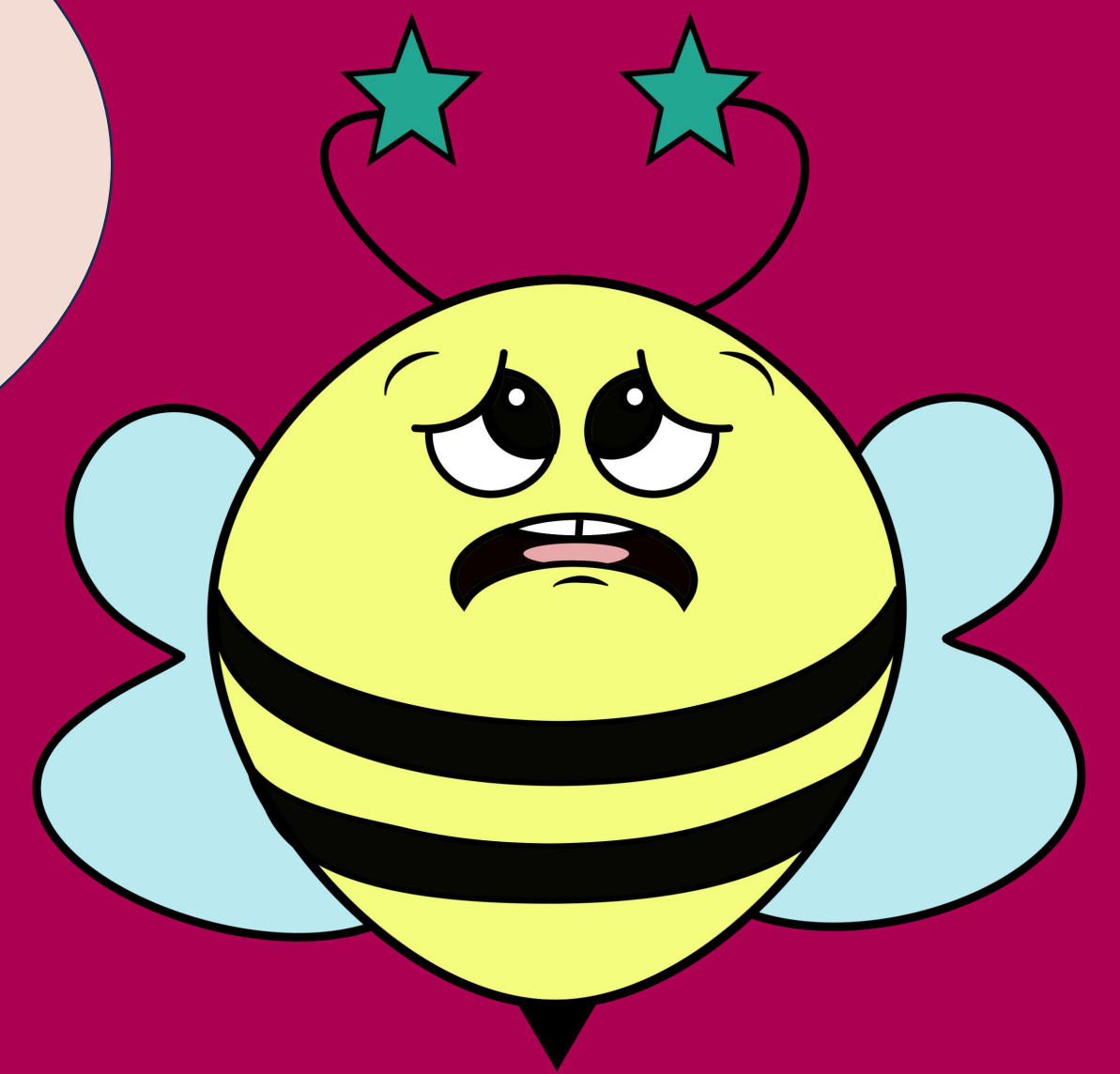
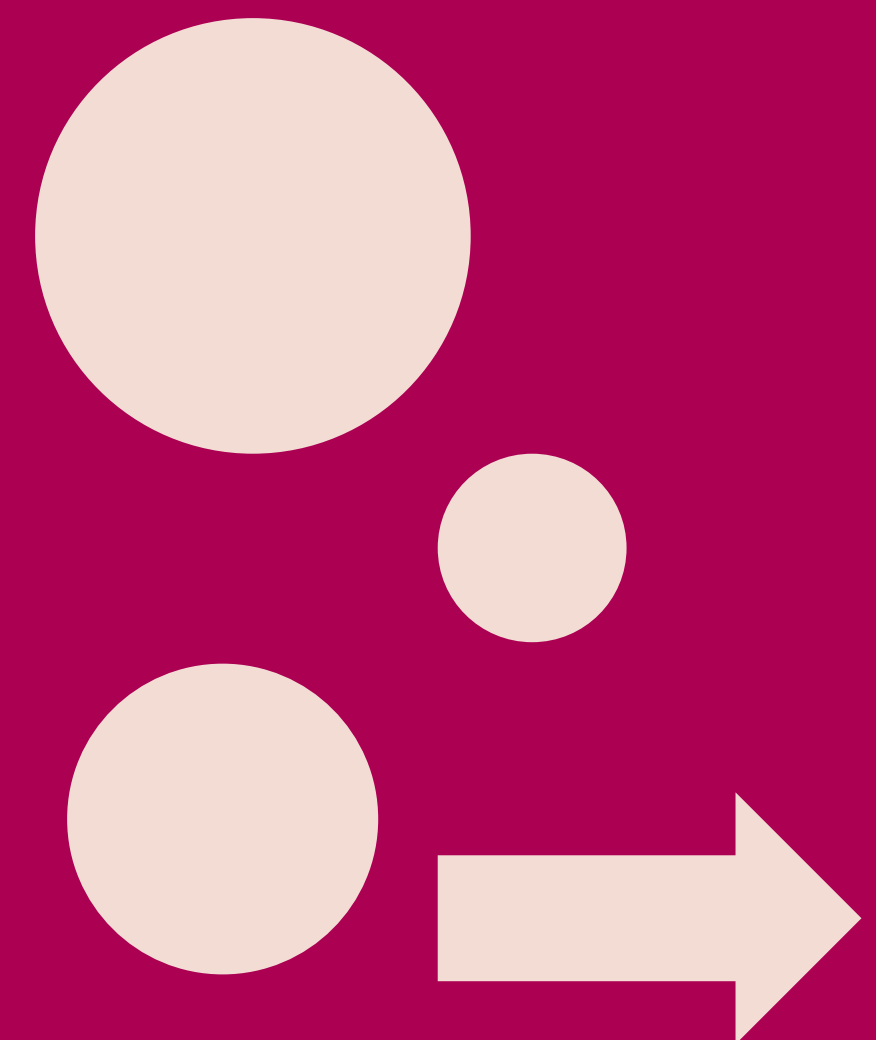


Emotions



Disgust

Disgust is a basic human emotion characterised by a strong aversion or revulsion to something unpleasant, offensive, or potentially harmful.



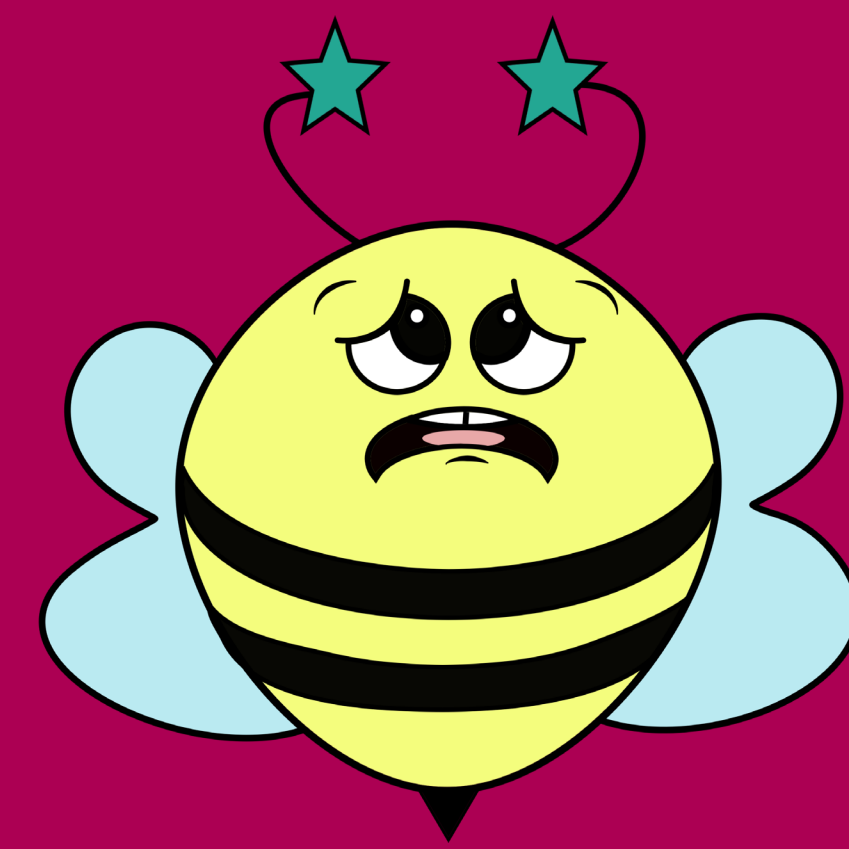
Emotions

How does it present?

As a physical sensation (e.g., feeling nauseated) as well as a strong emotional reaction (e.g., feeling repelled or repulsed).



Emotions



Why is it useful?

Helps protect us from potential harm by triggering a strong aversion to things that may be poisonous, contaminated, or disease-causing.

It motivates us to engage in behaviours like handwashing and avoiding contact with bodily fluids, which are essential for preventing the spread of disease.

Is tied to morality and social norms. It can guide our behaviour by discouraging actions that are considered socially unacceptable or morally wrong. For example, when witnessing cruelty or unfairness.

Helps us avoid contact with individuals or objects that may carry pathogens or diseases.

Can influence our food choices. It can make certain foods or food combinations unappealing, which can be adaptive for avoiding potentially harmful or spoiled food..