

Nathanson's Affect Pattern Chart

Purpose of this chart is to show the range of expression of each innate affect. For each, list the degree to which it is seen overtly, the freedom of its expression, and/or its importance in the character structure of the individual.

Interest-Excitement	-----
Enjoyment-Joy	-----
Surprise-Startle	-----
Fear-Terror	-----
Distress-Anguish	-----
Anger-Rage	-----
Dissmell	-----
Disgust	-----
Shame-Humiliation	-----

Surprise-Startle usually followed by what affect?

Enjoyment-Joy usually produced by what script?

For any affect registered at the higher end of the scale, is the trigger interpersonal, from internal preoccupation, or from biological aberration?

Where Dissmell and Disgust are prominent, is the affect triggered by self or other?

For Shame-Humiliation, sketch the compass and show prominent reaction pattern.

Is any affect described or experienced by the subject as coming more from outside the self than inside?