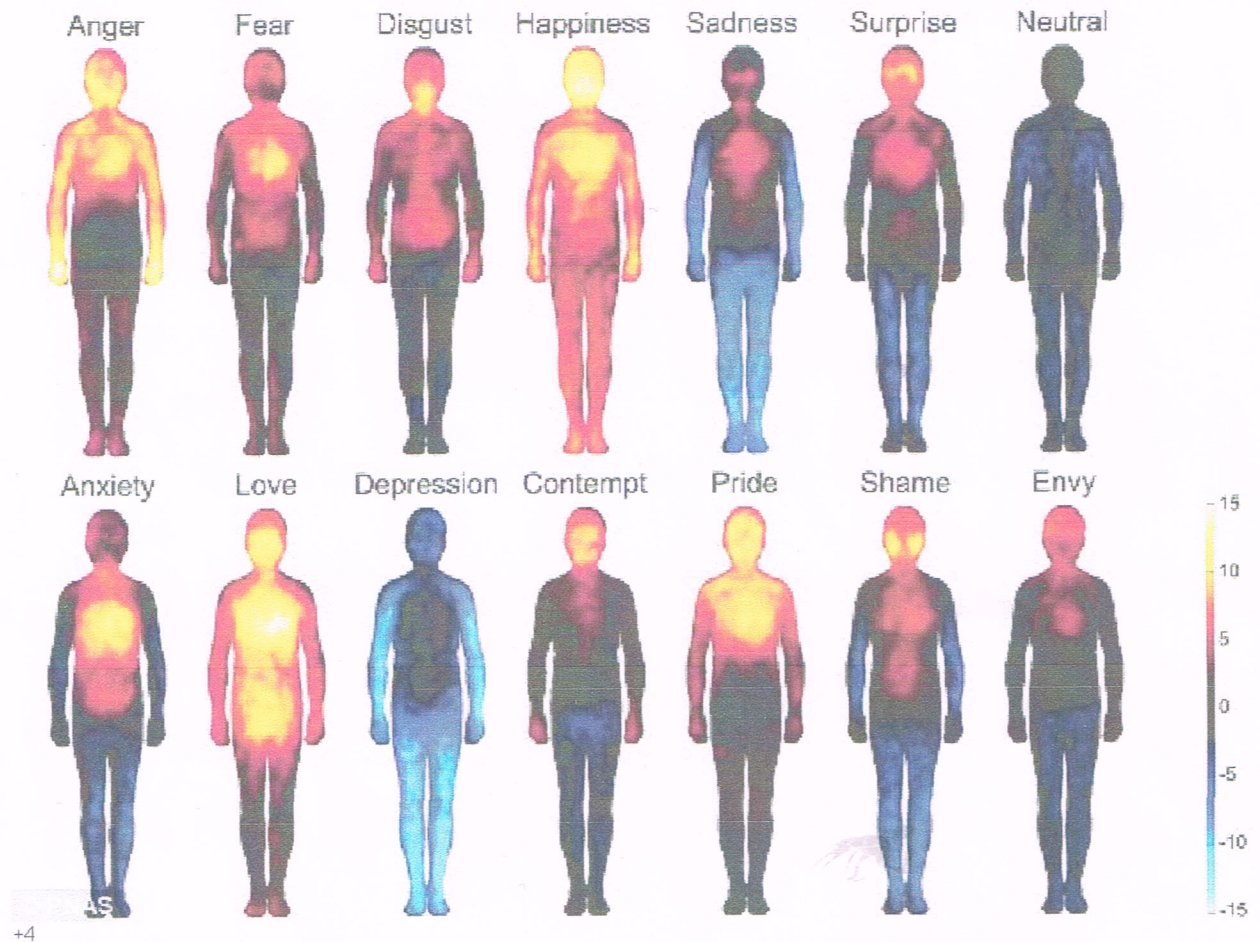


If you've ever felt a warm glow inside when in love or hot-headed with anger, there may have been more to it than you thought.

Scientists have suspected for a long time that emotions are connected to a range of physiological change and now a study has shown that emotional states are associated with specific sensations regardless of a person's culture.

The research visually shows that heartbroken people really do feel an ache in their chest, weak with sadness or feel happiness spreading over their entire body.



Yellow shows the regions of increased sensation while blue areas represent decreased feelings. People feel happy from head to toe, anger can literally make someone feel hot-headed and depression leaves people feeling numb

Being in love makes a person feel a warm glow everywhere apart from their knees, perhaps hinting that there may be something in the popular saying that the object of a person's affection makes them 'weak at the knees'.

Sadness leaves our limbs feeling weak and we are extra-aware of activity in our chest – and heart.

Depression also leaves us feeling weak, while disgust is felt in the throat and digestive system.

Basic emotions including anger and fear cause an increase in sensation in the upper chest area, which could be because we are subconsciously preparing for a fight.