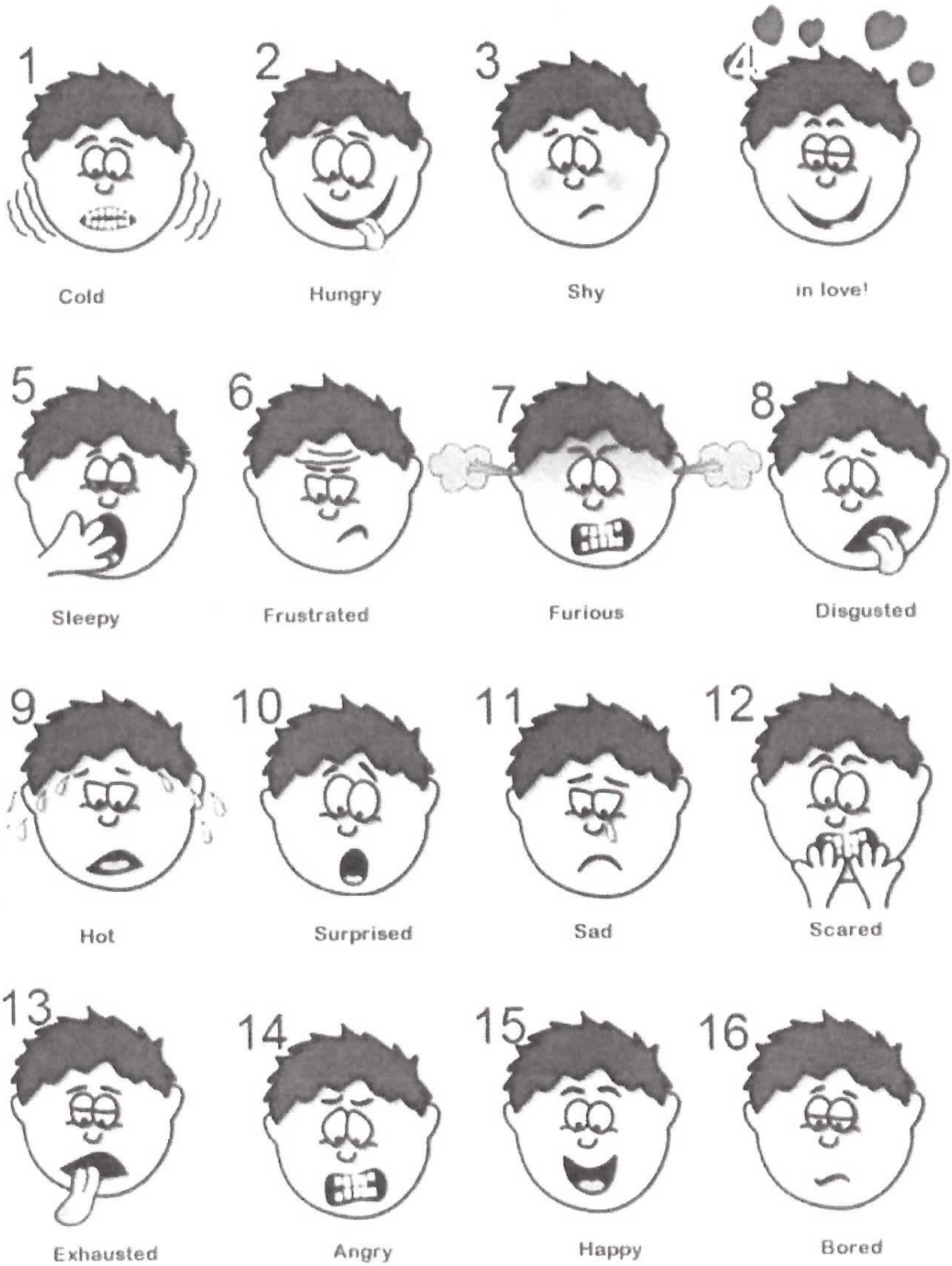Emotions basics