# How to Use the LM Studios Emotion Detector

Discover how you're really feeling-instantly.

Step-by-Step:

1. Type how you feel or describe your situation in the text box.

   (Example: "I'm feeling overwhelmed with everything happening at work.")

2. Click "Submit" to let the AI analyze your words.

3. Check the result.

   The AI will detect the dominant emotion in your message, such as:

   - Joy

   - Anger

   - Sadness

   - Fear

   - Love

   - Surprise

What to Expect

- The AI detects emotional tones based on the words and phrasing you use.

- It provides the strongest emotional match with a confidence score (e.g., Emotion: Anger (0.58)).

- Emotions like frustration, nervousness, or happiness may be interpreted through related core emotions.

Tips for Best Results

- Be real with your wording. Short or vague messages may return weaker predictions.

- Use full sentences when possible - it helps the AI 'read' your tone more clearly.

- This tool is meant for reflection and awareness, not diagnosis.