

EMOTIONS



IMAGINE LIFE WITHOUT

- Happiness
- Fear
- Sadness
- Surprise
- Disgust





WHAT ARE EMOTIONS?

DEFINITION OF EMOTION

- Emotion is a complex psychological phenomenon which occurs as animals or people live their lives.
- It is Intense feeling that are directed at someone or something

EMOTIONS INCLUDE THREE THINGS

- conscious experience (feelings)
- expressions which can be seen by others
- actions of the body ('physiological arousal')

EMOTION IS ASSOCIATED WITH

- MOOD
- TEMPERAMENT
- PERSONALITY
- DISPOSITION
- MOTIVATION"





CATEGORIES OF EMOTIONS

CATEGORIES OF EMOTION

- EMOTIONS ARE DIVIDED INTO TWO CATEGORIES
- PRIMARY EMOTIONS
- SECONDARY EMOTIONS

Primary emotion

- A primary human emotion types are the one triggered in response to an event



PRIMARY EMOTIONS

- LOVE
- JOY
- ANGER
- SADNESS
- SURPRISE
- FEAR

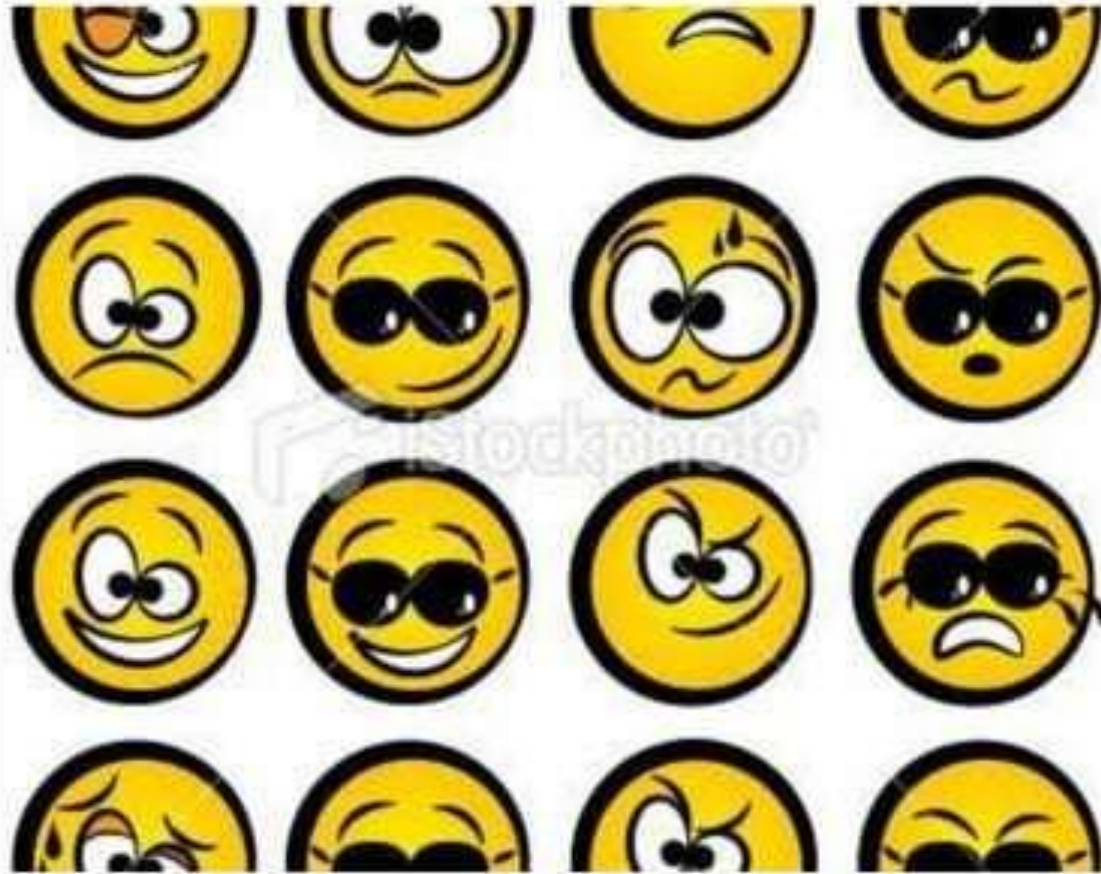
Secondary emotion

- If we experience fear , the secondary emotions would be : feel threatened or feel anger , depending on the situation we are experiencing.



SECONDARY EMOTIONS

- PASSION
- OPTIMISM
- IRRITATION
- DISGUST
- SHAME
- NERVOUSNESS



VARIETY OF EMOTIONS

HUMAN EMOTION

- Human emotion is innate in all of us; it's something we're born with and something we die with.
- Happiness, sadness, love, hatred, worries, and indifference – these are things that constantly occur in our daily lives.

VARIETY OF EMOTIONS

- POSITIVE HUMAN EMOTION
- NEGATIVE HUMAN EMOTION

Positive emotion

- Positive emotions that lead one to feel good about one's self will lead to an emotionally happy and satisfied result.



POSITIVE HUMAN EMOTION

SOME OF THE POSITIVE EMOTIONS ARE

- HOPEFUL
- CONFIDENT
- PEACEFUL

Negative emotion

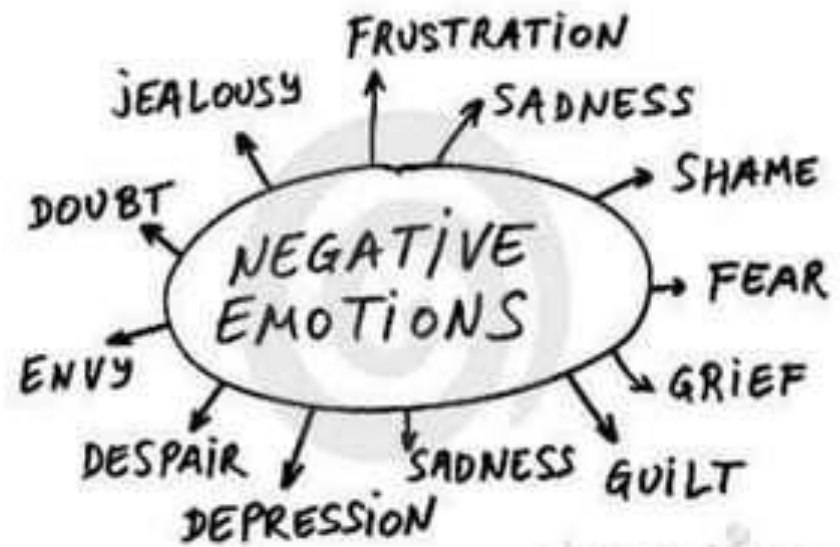
- Negative emotions sap your energy and undermine your effectiveness. In the negative emotional state, you find the lack of desire to do anything.



NEGATIVE EMOTIONS

SOME OF THE NEGATIVE EMOTIONS ARE

- EXHAUSTED
- PANIC
- OBNOXIOUS





FACTORS AFFECTING EMOTIONS

PERSONALITY



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CULTURE



WEATHER



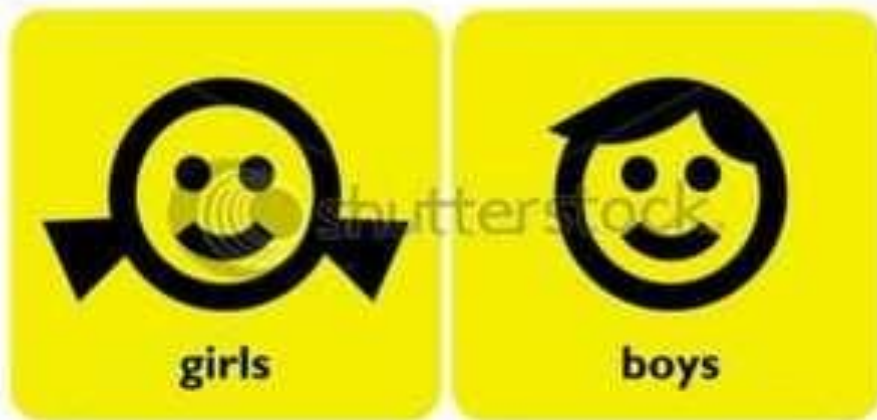
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AGE



GENDER



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ENVIROMENTAL





How we perceive emotion

How we perceive emotion

Body posture

- The way we hold our bodies when we walk, stand and sit gives cues to others about our emotional state.



- It clues them in to how relaxed or tense we are and how confident or shy we are.
- depending on how close we're standing to another person, it can also show aggression or love, dominance or submission.

Speech Patterns

- We may choose our words carefully when we're angry or expressing happiness.
- Our emotions cause us not only to feel differently, but also to speak differently

- Our speech patterns also change depending on our emotional state
- our regular cadence can increase or decrease in rate, and pitch, tone, volume and our inflection and even accent may also be affected.

Gestures

- Gestures take on different meanings in different cultures.
- gesturing in general is one way humans communicate emotion to each other nonverbally.



Facial expressions



- Our facial muscles -- there are 44 of them -- are able to communicate important nonverbal messages in a split second,

- anger, contempt, disgust, fear, happiness, sadness and surprise seem to be seven universal facial expressions that all humans unconsciously recognize and interpret



Physiological Cues

- our emotions are accompanied by subtle physiological change
- A subtle flush of the face or increase in heart rate or body temperature could be a clue to the emotional state of the person you're talking to.



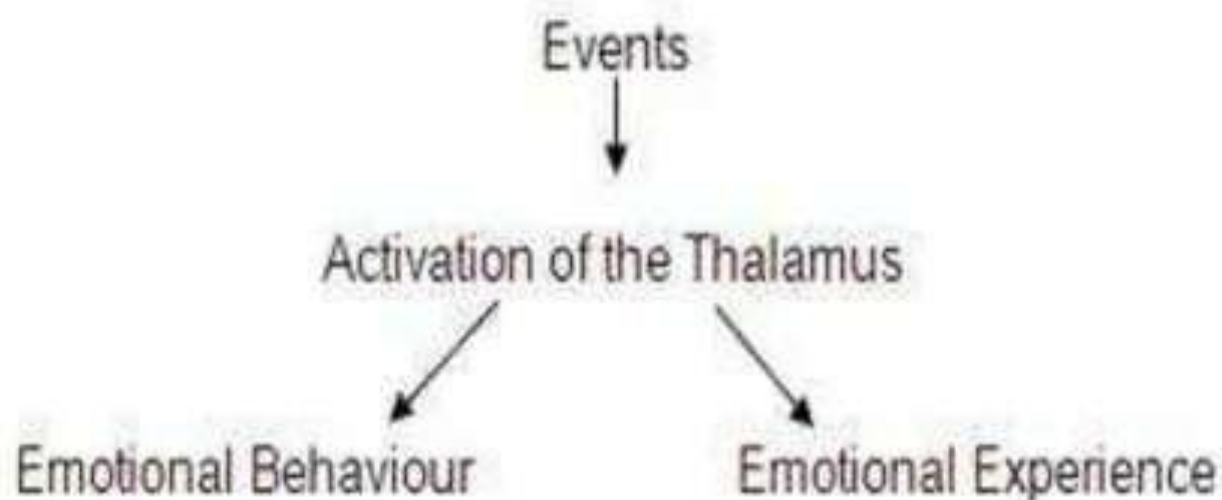
THEORIES OF EMOTIONS

Cannon-bard theory of emotion

It states that

- we react to a stimulus and experience the associated emotion at the same time.
- we feel emotions and experience physiological reactions such as sweating, trembling and muscle tension simultaneously.

For example: I see a snake --> I am afraid --> I begin to tremble.

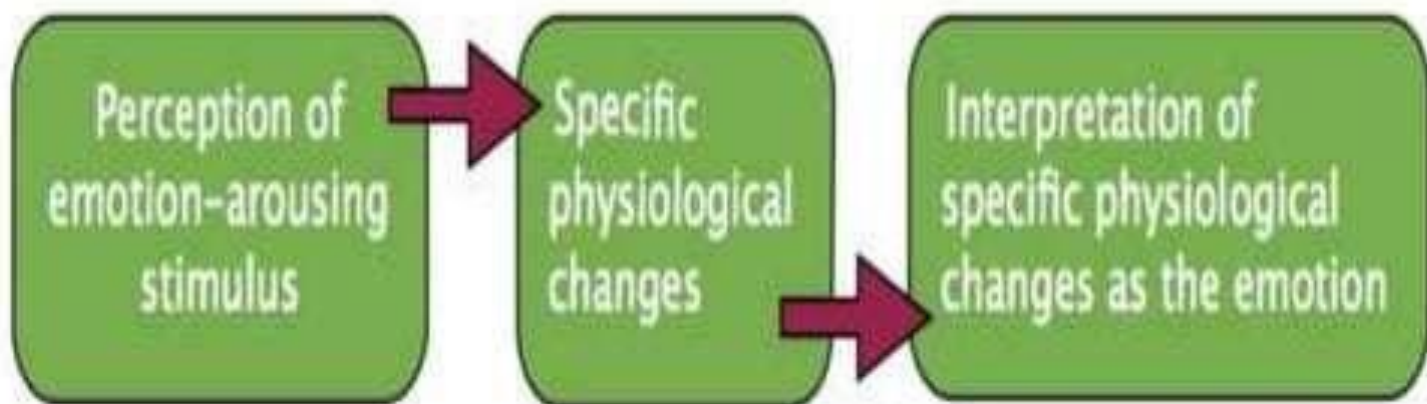


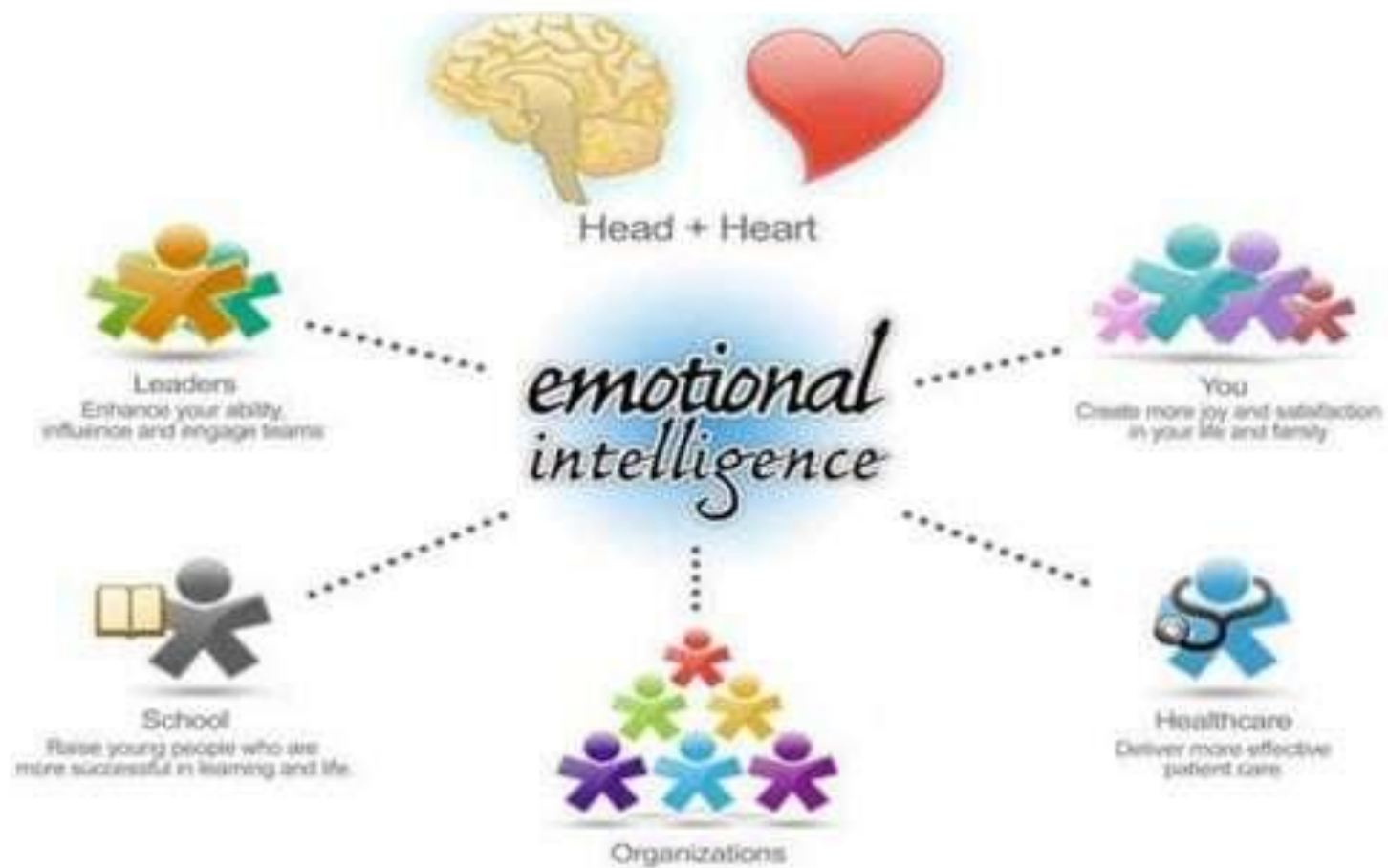
James-lange theory of emotion

It states that

- emotions occur as a result of physiological reactions to events.
- proposes that you will interpret your physical reactions and conclude that you are frightened.

- For example I am trembling, therefore I am afraid.





EMOTIONAL INTELLIGENCE

EMOTIONAL INTELLIGENCE

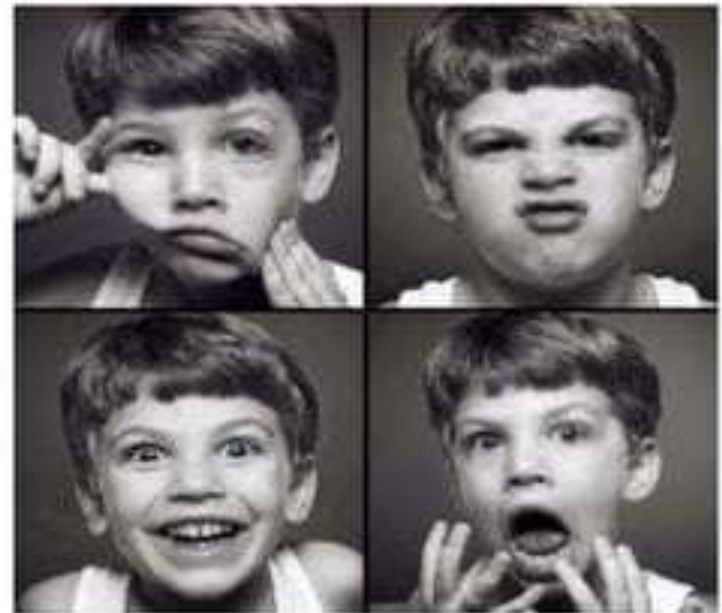
- Emotional intelligence (EI) refers to the ability to perceive, control and evaluate emotions.



FOUR BRANCHES

- Salovey and Mayer proposed a model that identified four different factors of emotional intelligence

- **Perceiving Emotions:** The first step in understanding emotions is to accurately perceive them. In many cases, this might involve understanding nonverbal signals such as body language and facial expressions.



- **Reasoning With Emotions:** The next step involves using emotions to promote thinking and cognitive activity. Emotions help prioritize what we pay attention and react to; we respond emotionally to things that garner our attention.



- **Understanding Emotions:** The emotions that we perceive can carry a wide variety of meanings. If someone is expressing angry emotions, the observer must interpret the cause of their anger and what it might mean.



- **Managing Emotions:** The ability to manage emotions effectively is a key part of emotional intelligence. Regulating emotions, responding appropriately and responding to the emotions of others are all important aspect of emotional management.



What have we learned?

