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EMOTION

Emotion

- » Emotions are hard to define, but when you feel them, you certainly recognize them.
- » They are powerful and can be life-changing.
- » Emotions are the body's multidimensional response to any event that enhances or inhibits one's goals. For example, you feel nervous before an exam because the possibility of failing interferes with your goal of passing it. Doing well on the exam makes you happy and you feel angry when you fail.

Emotion vs Mood

- » An emotion is a response to a specific event and mood is a feeling that has no specific identifiable cause.
- » Moods can last for days, or even weeks at a time, whereas an emotion is usually short-lived.
- » There are three types of emotions:
 - Joyful Emotions
 - Hostile Emotions
 - Sad Emotions

Joyful Emotions

- » **Happiness** is a state of contentment, joy, pleasure, and cheer. Happiness is displayed by smiling, laughing, and being energetic. Happiness tends to make us share our joy with others.
- » **Love and Passion** can motivate people to behave in ways they would otherwise not. Love means caring for, feeling attracted to, and feeling committed to someone. Passion includes excitement and attraction for one another.
- » **Liking** is a positive overall evaluation of another person. If you enjoy being with someone and you don't love them You like them.

Hostile Emotions

- » **Anger** is a response to being wronged. If another driver cuts you off in traffic, or you get a lower score on a test that you expected, you feel angry. Behaviors include yelling, throwing objects, and physically attacking another person.
- » **Contempt** leads you to feel that you are better than someone else and have an overall disrespect for others.
- » **Disgust** is the feeling of revulsion in reaction to something offensive. In interpersonal communications, this is translated into a feeling you might have when you are confronted with other whose values, beliefs, or behaviors you might abhor.

Hostile Emotions

- » **Jealousy** occurs when people feel that the existence or the quality of an important relationship is threatened by a third party.
- » **Envy** is the desire for something another person has. Envy isn't always negative as it can lead to being a motivator. The problem is when we sometimes impede or harm the people that we are envy of.

Sad Emotions

- » **Sadness** is an emotion involving feeling unhappy, sorrowful, and discouraged, usually as a result of some form of loss. **Depression** is a physical illness that involves excessive fatigue, insomnia, changes in weight, feelings of worthlessness, and thoughts of suicide or death.
- » **Grief** is the emotional process of dealing with loss. Grief is not an isolated experience, but rather a process. It includes denial, anger, bargaining, depression, and acceptance.

Sad Emotions

- » **Fear** is the mind and body's reaction to perceived danger. Many fear heights, enclosed spaces, guns, snakes, spiders, or being trapped. When we experience fear we tend to withdraw from a situation in order to protect ourselves.
- » **Social Anxiety** is the fear of not making a good impression on others. Perhaps you are meeting your partners parents for the first time, or starting a new job, or joining a new gym class.

The Nature of Emotion

» Emotions vary in valence and intensity

- An emotion's **valence** is its positivity or negativity of an emotion.
- An emotion's **intensity** is its strength or magnitude. Sometimes, when emotional experiences are so intense, they can be debilitating.

The Nature of Emotion

- » Emotions come in primary and secondary forms
 - **Primary emotions**, such as fear, joy, and surprise—are distinct emotional experiences
 - **Secondary emotions**, such as jealousy, contempt, and remorse—are composed of combinations of primary emotions

Influences on Emotional Experience and Expression

- » Several variables affect how we experience and express emotions. These can include cultural background, display rules, technology, sex and gender, personality, and emotional intelligence.
- » **Culture** affects emotional expressiveness
 - Geography influences emotional behavior
 - Co-cultures differ in emotional behavior

Influences on Emotional Experience and Expression

- » Expression is affected by **display** rules:
- **Intensification** is when you exaggerate your emotions
 - **De-intensification** is when you downplay your emotions
 - **Simulation** is when you fake an emotion
 - **Inhibition** is when you act as if you are indifferent or emotionless
 - **Masking** is when you show one emotion when you are actually feeling another.

Influences on Emotional Experience and Expression

» **Technology** affects emotion

- Lack of nonverbal signals
- Opportunity for sharing emotion
- Emotion about technology itself

Influences on Emotional Experience and Expression

- » Emotional **contagion** affects experience and expression
 - People tend to mimic the experiences and expressions of others
 - Emotional contagion occurs in both face-to-face and online settings

Influences on Emotional Experience and Expression

» Sex and gender

- Sex and gender roles influence both the experience and expression of emotions
- Men are more likely to experience sexual jealousy
- Women are more likely to experience emotional jealousy

Influences on Emotional Experience and Expression

- » Three **personality** dimensions affect how you experience emotion
- **Agreeableness** relates to how pleasant and cooperative you are
 - **Extroversion** refers to how sociable and outgoing you are.
 - **Neuroticism** is the tendency to think negatively about themselves

Influences on Emotional Experience and Expression

» Emotional intelligence

- The ability to perceive and express emotion and to use emotion to facilitate thought and manage emotional growth

Sharpening Your Emotional Communication Skills

» Identify emotions

- Listen to your body
- Pay attention to your thoughts
- Take stock of the situation

Sharpening Your Emotional Communication Skills

- » Learn to reappraise negative emotions
- » Accept responsibility for your emotions
- » Separate your emotions from your actions