Emotions:
Focus:
• Definitions
• Basic emotions
• Theories
• Managing emotions

Emotions are not...
• “feelings”
• Technically, physical sensations
• Beliefs or Opinions
• Generally accepted “truth,” based on value system
• Judgment about something

What are emotions?
“felt tendencies toward stimuli” – Richard Weaver
Reactions:
• Physiological changes
  • Non-propiroceptive: changes you can’t detect
  • Proprioceptive stimuli—changes you can detect
• Nonverbal reactions—observable on the outside
• Cognitive interpretations—what does it mean?

ANXIOUS EXCITED
Categories of emotion

- Facilitative
  - Contribute to effective functioning
- Debilitative
  - Hinders effective functioning
- Primary vs. Secondary emotions
  - Primary: the first emotion
  - Secondary: caused by the primary emotion
- Mixed emotions — multiple conflicting emotions

Differences:

- Intensity
- Duration

Six basic (universal) emotions:

Paul Ekman & Wallace V. Friesen, 1972

- Anger
- Fear
- Disgust
- Surprise
- Happiness
- Sadness

-Anger
-Behaviors
-Feeling
-Grief
-Happiness
-Horror
-Intensity
-Intimations
-Joy
-Kinds
-Lack
-Like
-Sadness
-Sadness
-Surprise
-Tend
-Universal
-Valence
-Vocal
-Words
-Young
-Zen

-Angry
-Fear
-Grief
-Happiness
-Horror
-Intensive
-Kindred
-Likeness
-Sadness
-Sadness
-Surprise
-Throat
-Utterance
-Value
-Weary
-Youth
-Zen

-Angry
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-Horror
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-Sadness
-Surprise
-Throat
-Utterance
-Value
-Weary
-Youth
-Zen
Robert Plutchik’s Emotion Wheel

- Classified as positive or negative
- Cannot experience opposite emotions at the same time

- Can experience blends of emotion
- Cannot experience opposite emotion blends at the same time
- Emotions can vary in intensity
Interesting findings

- **Intensity:** Often found in posture and gestures
- **Sex:** Women tend to be better at recognizing emotions than men
  - Women tend to be more nonverbally expressive
  - Men tend to notice indications of lust and anger
- **Age:** Accuracy increases with age
- **Culture:** More accurate within cultures
  - Culture values *emotional control*: focus on eyes
  - Culture values *emotional expression*: focus on mouth

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Emotions are... **contagious**

**Emotional Contagion** theory:
One person's emotions and related behaviors directly trigger similar emotions and behaviors in other people

**How?**
- When you mimic another's behavior, the muscular movements in your face or body adjust blood flow to the brain which affects mood.
- The sensations associated with specific behaviors trigger memories (and hence the feelings) linked with those particular behaviors.

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Emotions are... **contagious**

- **Be aware:**
  - How do you feel around different people?
  - Label your emotions
- **Question:** Are you feeling this emotion...
  - Because you really feel it?
  - Because you may have caught it from the other person?
- **Be more selective** about who you are exposed to
  - About people
  - Social media
Some Theories about how emotions happen

All start with an activating event

Theories

- **Commonsense:** Emotions happen
- **James-Lange:** Physiological first (William James & Carl Lange)
- **Appraisal/Label:** We appraise & label then feel

Rational Emotive Theory  Albert Ellis, 1955

- Your thoughts (beliefs) about events is the cause of your behavior (or response to those events)
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Managing Emotions
Four Steps:
1. Preparation
2. Assess & Label
3. Decision
4. Expression
Prepare Yourself

Learn to relax

- Slow deep breaths or other breathing exercises
- Soothing music
- Meditation
- Yoga
- Soaking in a warm bath or spa
- Aromatherapy

Learn self-control

Practice self-reflexiveness

Observe others’ emotions

Consider professional help, if necessary

Linguistically lazy

- Physical sensations
- Nonverbal: Body movement, vocal quality, words being used
- (Activating) event: Thoughts, questions, words coming from someone else

Consider stimulus

Label

• Consider necessity
• Time/place
• Consequences
• Determine if you need to change your thinking/behavior?
READ the assignment

**Emotions Log** Assignment

- 3-day Log
  - Email to self
- Include:
  - What you were **feeling** (including any physical sensations)
  - What was occurring before and during those feelings (circumstances)
  - What other people were involved
  - Likely experience several different emotions or go through different events, so this will likely be more than 2 sentences.

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**Email**

```
From: Harris-Weikle, Patricia
To: Harris-Weikle, Patricia
Subject: RE: Emotions Log

And, finally, print out the entire email string.

Press: Harris-Weikle, Patricia
Date: Sunday, May 30, 2010 1:53 PM
The Harris-Weikle, Patricia
Send

And finally, Day 3 emotions log:

Press: Harris-Weikle, Patricia
Date: Thursday, May 27, 2010 10:45 AM
The Harris-Weikle, Patricia
Send

Day 2 emotions log would show up here.

Press: Harris-Weikle, Patricia
Date: Tuesday, May 18, 2010 9:55 AM
The Harris-Weikle, Patricia
Send

This would be your first day of emotions log.
```
5-question write-up

1. How did you recognize the emotions you felt? Were there physical cues? Was it recognizing the response from another person? Be specific.

2. What level of difficulty did you have when deciding which emotion you were feeling? Why or why not?

3. What emotions did you experience most often in the last three days? How would you characterize them (primary, secondary, complicated, mild/messy)? Why do you think you were feeling those emotions most often? Are these emotions typical of those you usually experience, or were the last three days unusual?

4. Do you always express your feelings? If so, how? Does your decision to express or not express your emotions vary by situation? How or why?

5. If you expressed your emotions over the last three days, do you think the choice to express your emotions was appropriate? Were you satisfied with the ways you expressed your emotions? Were you satisfied with the consequences of the ways you expressed your emotions?

If you did not express your emotions over the last three days, do you think the choice to not express your emotions was appropriate? Were you satisfied with the consequences that arose from not expressing them?