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

What are emotions?
“felt tendencies toward stimuli” – Richard Weaver

Reactions:
- Physiological changes
  - Changes you can’t detect
- Proprioceptive stimuli
- Nonverbal reactions
  - Observable on the outside
  - sweaty palms
- Cognitive interpretations
  - What does it mean?

Categories of emotion

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

How many emotions are there?
Aristotle:
- Anger (not calm)
- Friendship
- Fear
- Shame
- Kindness or benevolence
- Pity
- Indignation
- Envy, jealousy
- Love

Darwin:
- Suffering and weeping
- Low spirits, anxiety, grief, dejection, despair
- Joy, high spirits, love, tender feelings, devotion
- Reflection, meditation, temper, skulkiness, determination
- Hatred and anger
- Disdain, contempt, disgust, guilt, pride, helplessness, patience, affirmation and negation
- Surprise, astonishment, fear, horror
- Self-attention, shame, shyness, modesty, blushing

Paul Ekman & Wallace V. Friesen, 1972
Six basic (universal) emotions:

- Anger
- Fear
- Disgust
- Surprise
- Happiness
- Sadness
Robert Plutchik’s Emotion Wheel

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

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

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.

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

Rational Emotive Theory Albert Ellis, 1955

- Activating event
- Thoughts about event
- Emotions
- Physiological response

Rational Emotive Theory Albert Ellis, 1955

- She’s late
- Self-talk
- Activating event
- Emotions

Rational Emotive Behavioral Therapy (REBT)
**Preparation**

- Slow deep breaths or other breathing exercises
- Soothing music
- Meditation
- Soaking in a warm bath or spa
- Aromatherapy
- Massage
- Get enough sleep
- Exercise
- Take a comfortable walk
- Pet a cat or dog
- Look at your environment—time to organize!

**Learn self-control**

**Practice self-reflexiveness**

Observe others’ emotions

Consider professional help, if necessary

**Learn to relax**

Prepare Yourself

- Physical sensations
- Nonverbal:
  - Body movement
  - Vocal quality
  - Words being used
- (Activating) event:
  - Thoughts?
  - Caught from someone else?
- Choose language
- Consider intensity
- Mixed emotions?
- Beware of "counterfeit feelings"
- Facilitative?
- Debilitative?

**Assess & Label**

Decision

- Consider necessity
- Time/place
- Consider consequences
- Determine if you need to change your thinking/behavior?

**Expression**

Manage yourself

- Accept responsibility for emotion
- Manage your nonverbal behavior
- Be prepared for consequences
- Time/place

Self care

**Emotions Log**

READ the assignment

**Assignment**

- Pay attention to the primary and secondary emotions you may be feeling:
  - Primary Emotions: What did you feel first: your first response to a situation?
  - Secondary Emotions: What came next?
- Are the emotions you are feeling simple (a single emotion) or mixed (a combination of emotions, almost a blend)?
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, simultaneous, mild/most intense)? 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 unique?

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? 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?