

Emotions
and/or
Feelings

Do Not Read Chapter 4 in
Textbook!!!

4 components of emotions

- Physiological
- Nonverbal reactions
- Cognitive interpretations
- Verbal expressions

BEFORE CLICK

Ask 5 researchers to define emotion and you will probably get 5 different definitions, but all of those answers will include the following 4 components

Physiological - when we experience strong emotions, many internal bodily changes occur

- blood pressure rises
- pupils dilate
- churning stomach
- rise in body temperature

All of these and the other physiological changes that occur will help you become aware that you are experiencing an emotions

Nonverbal factors - not all factors are internal – some *are easily seen* by others

- what happens when you are embarrassed
 - you blush
- what happens when you are nervous/anxious
 - you sweat
 - you fidget

Cognitive interpretations - Your brain/mind plays an important part in determining what you feel - we notice physiological and nonverbal reactions and the *cognitively label* these behaviors as a certain emotion

- racing heart
- perspiration
- tense muscles
- could be either fear or excitement or nervousness

Verbal Expression – nonverbal behaviors are better at conveying emotions than ideas, but sometimes words are necessary to express feelings

Characteristics of Emotions

- Emotions are transient
- You are aware of the intensity of the emotion
- Experiencing emotions can motivate to action

Transient

- they change quickly
- you don't stay angry at someone without repeated reminders

Intensity

You are aware of the intensity of the emotion – although not use to thinking about the intensity

- slightly angry to fuming mad
- mildly excited about an event or ecstatic (jumping for joy)
- choose appropriate words to convey the appropriate emotion you are feeling

Motivate to action

- break-up with significant other in heat of the moment
- writing a angry email to the boss after a poor review

Characteristics continued

- Emotions tend to be seen as involuntary

“Emotions are not caused by events and people around you; they are caused by the ways in which you interpret your experiences.”

Involuntary-

read quote and explain

Disposable

You can decide which feelings you would like to keep and expand on, and which feelings you would like to get rid of

2 Types of Emotions

- **Facilitative**
 - Intensity
 - anger/irritation okay
 - nerves okay
 - Duration
 - short period okay
- **Debilitative**
 - Intensity
 - rage not okay
 - total terror not
 - Duration
 - holding the feeling for extended period of time

Intensity – how strong

Duration – how long you hold on to the emotion

Break-up – few weeks, a month depression okay; still depressed 6 months later need help

Anger – angry for a day or two okay; holding a grudge for life – not okay

Emotional Contagion

- Transfer of emotions from one person to another
 - Qualitative definition of interpersonal relationship
 - interdependent

Think about our definition of interpersonal relationships – we are interdependent what one feels the other experiences

Part of this b/c of emotions are contagious

In small groups this can be referred to as the “ripple effect” one person comes to the meeting in a lousy mood, griping about everything, next thing you know all people in group are griping and complaining about life, the project, etc. OR VICE VERSA

Expressing Your Emotions

- Some Guidelines
 - Recognize your feeling(s)
 - Chose the best language
 - Share multiple feelings
 - Accept responsibility for your feelings

Recognize your feelings

- What are you feeling; how deep is that emotion (angry or pissed off) (in love or in lust)

Choose the best language

- Once you know what you are feeling expresses it using appropriate language

Share multiple feelings

- If you are experiencing two or more emotions express what you are feeling
 - Your girlfriend/boyfriend/partner is seriously late in arriving from out of town and their weather is nasty
 - When they finally arrive you are happy they have arrived safe and sound BUT still ticked they didn't call you
 - Don't just yell at them for not calling and letting you know they will be late
 - Tell them you are happy they arrived safe and sound BUT that you have spent the last hour imagining the worst

Remember – your emotions are your emotions so take responsibility for them

You were the one who chose to imagine the worst so don't blame them! Admit you were the one panicking and b/c you tend to do this you would appreciate a call in the future.