

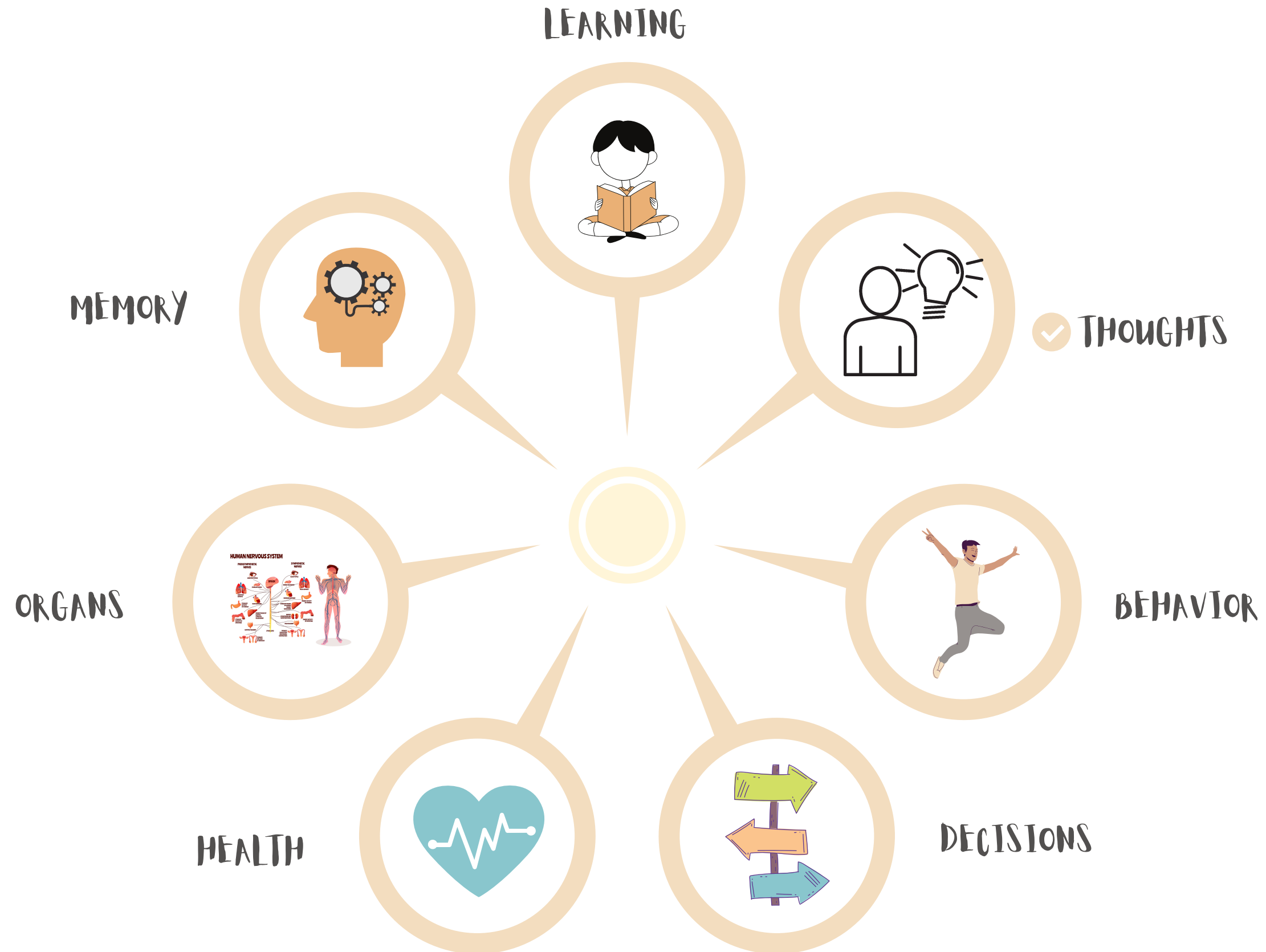


LESSON:

3 MAIN FUNCTIONS OF THE EMOTIONS

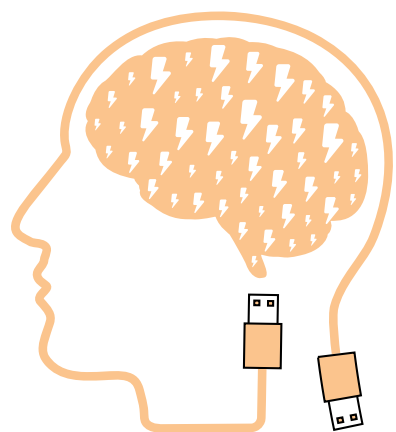


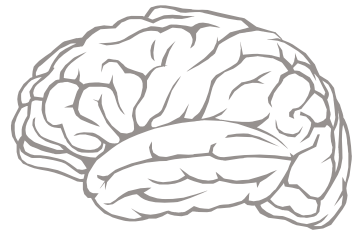
EMOTIONS AFFECT



Emotions-memories

- We have certain memories because they are connected with certain emotions and situations.





3 MAIN FUNCTIONS

According to Johnmarshall Reeve

Psychologist

He researched emotions and motivation

1: Adaptive



2: Social



3: Motivational



ADAPTIVE FUNCTION OF EMOTIONS



Adaptive function

 Charles Darwin

He understood emotions as an adaptive tool that helps us to adapt and survive.



FUNCTION OF HAPPINESS

Feeling of closeness to others



FUNCTION OF ANGER

Self-defense



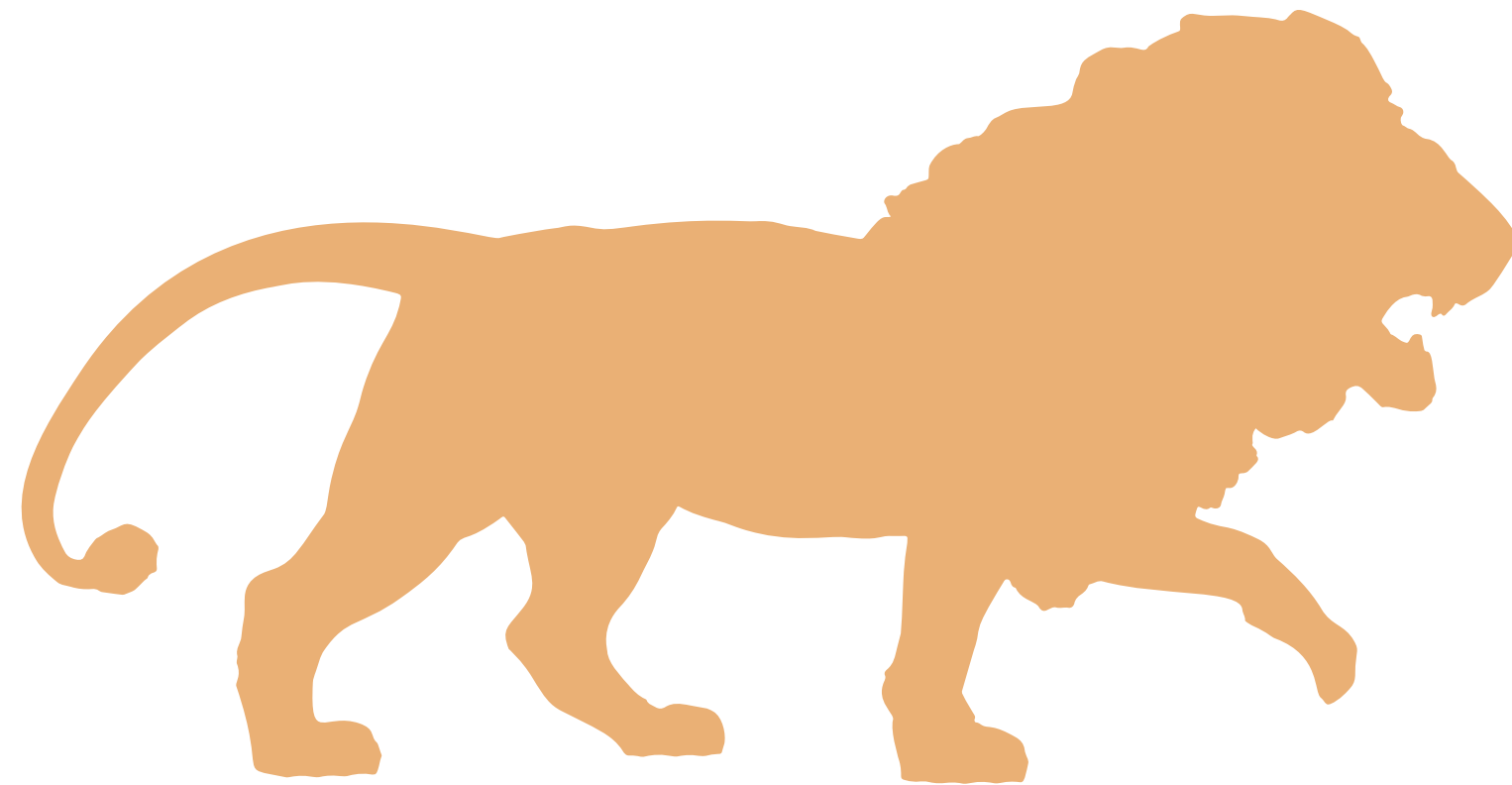
FUNCTION OF SADNESS

Reintegration



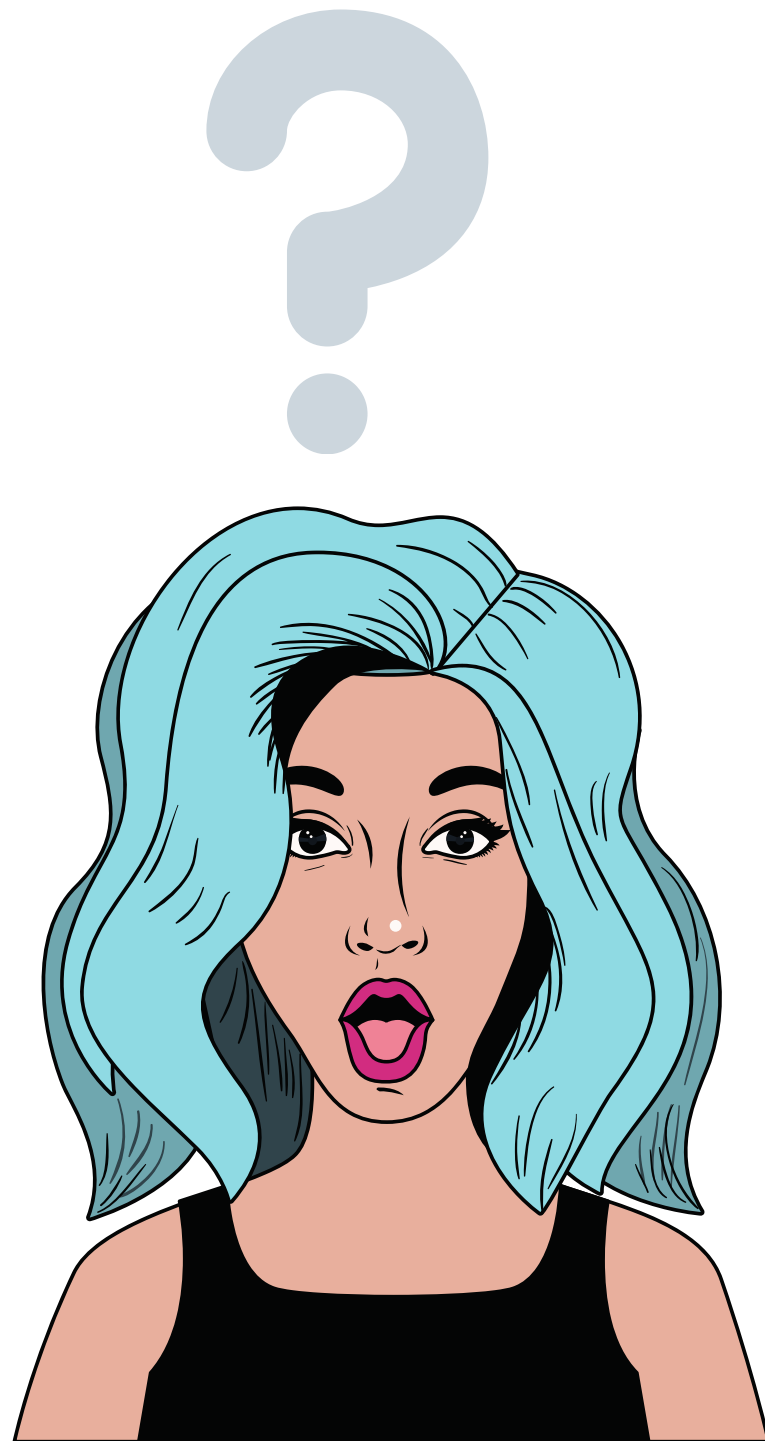
FUNCTION OF FEAR

Protection



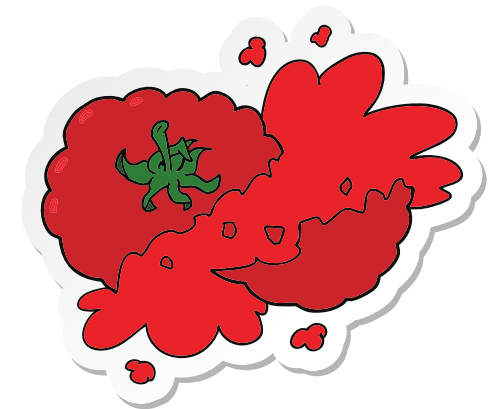
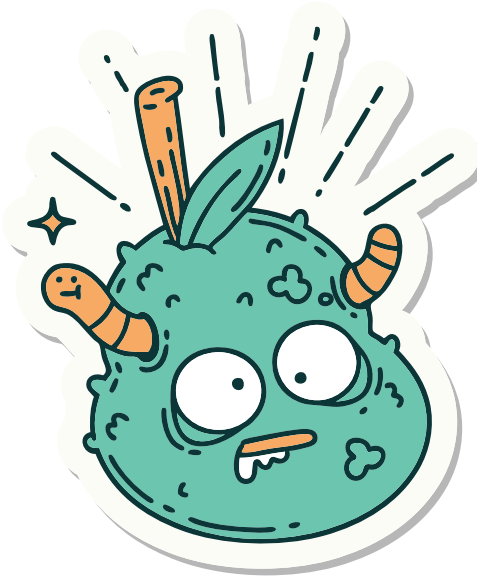
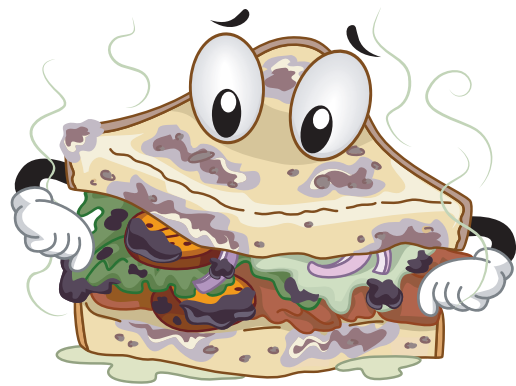
FUNCTION OF SURPRISE

Exploration



FUNCTION OF DISGUST

Rejection

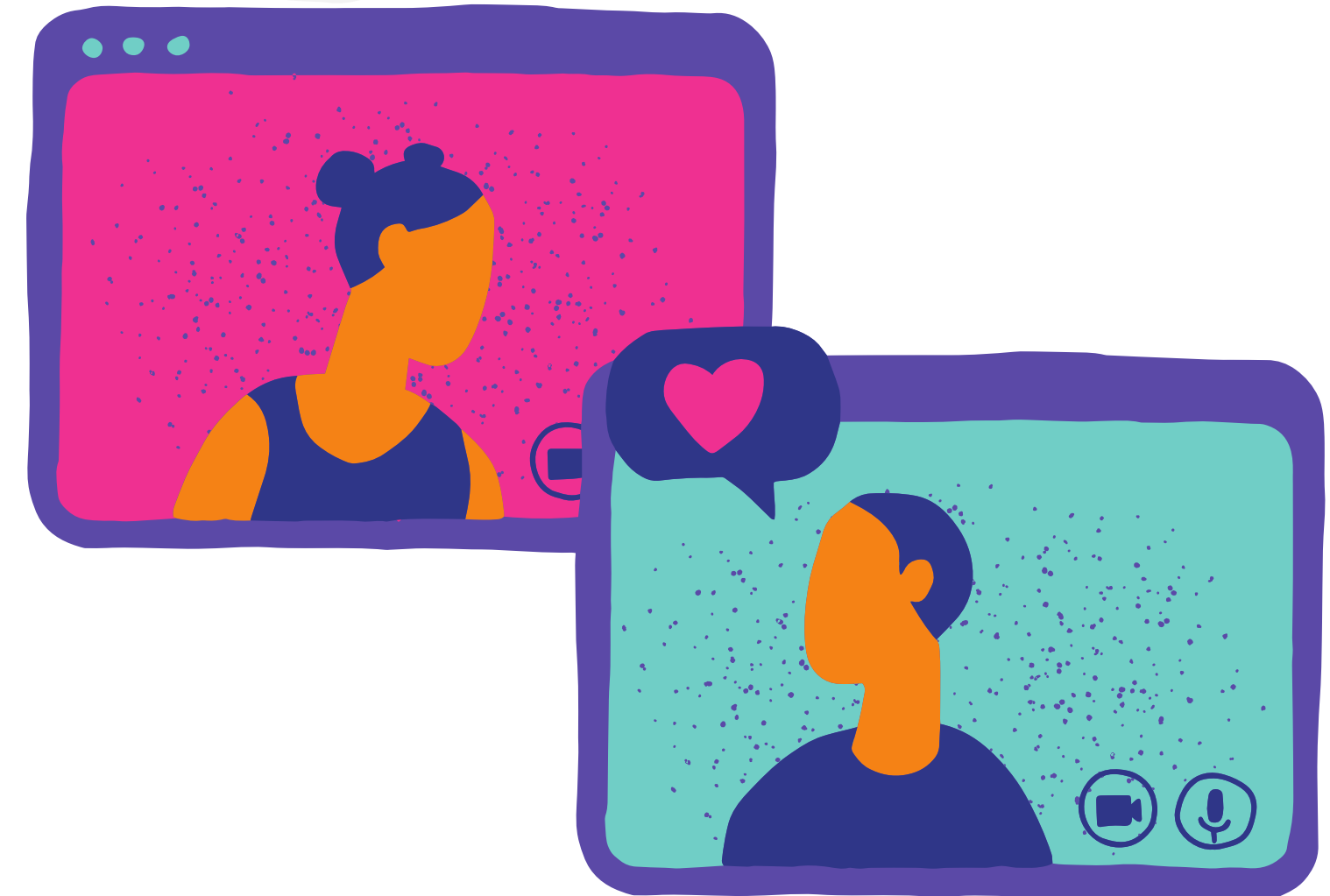


SOCIAL FUNCTION OF EMOTIONS





EMOTIONS ARE VERY IMPORTANT IN COMMUNICATION



EMOTIONS HELP US UNDERSTAND EACHOTHER

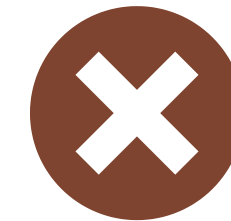
We recognize others emotions



Others recognize our emotions



WE ARE ABLE TO DECIDE HOW TO ACT



The background is a solid light brown color. In the top right and bottom left corners, there are abstract white line art designs. These designs consist of several concentric, irregular loops and curves, resembling stylized topographical lines or organic shapes.

MOTIVATIONAL FUNCTION OF EMOTIONS

Emotions help us to stop when we
should stop



Emotions help us to move when we
should achieve something





EXERCISE

THINK ABOUT WHAT MOTIVATES YOU TO DO
THINGS YOU DO IN YOUR LIFE NOW AND
WRITE HERE





FACT

ALL EMOTIONS PUSH US TO DO THINGS THAT
WILL HELP US TO FEEL BETTER.



UNPLEASANT

THEY SERVE US AS A GUIDE,
BUT SOMETIMES WE DON'T
UNDERSTAND
THE FUNCTION OF
THE EMOTIONS,
SO WE CALL THE
EMOTION
"NEGATIVE"



PLEASANT