



LESSON:

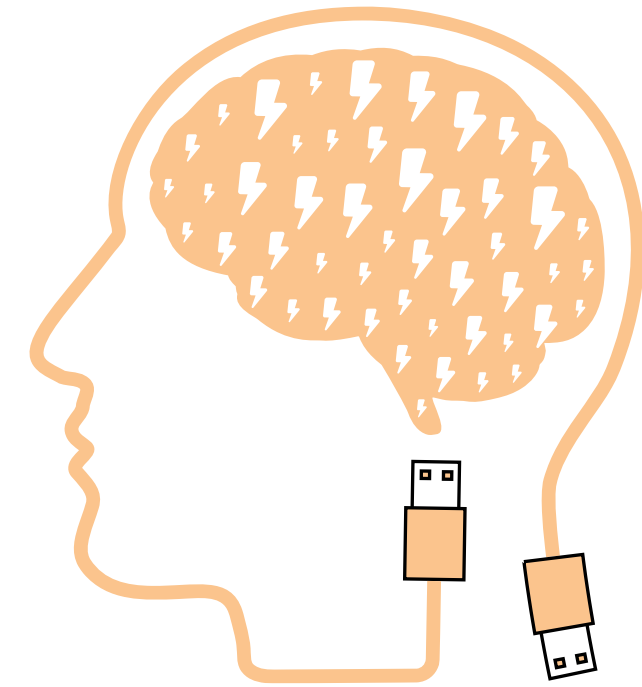
WHAT ARE EMOTIONS



Origins

The word "emotion" dates back to mid 16th century : from French émotion, from émouvoir 'excite', based on Latin emovere, from e- (variant of ex-) 'out' + movere 'move'.

- Emotions are electrochemical signals
- Emotions have been studied in several scientific disciplines —biology, psychology, neuroscience, psychiatry, anthropology, and sociology
- There is no one final definition of emotions. There are over 90 definitions defined by experts



Some definitions

American Psychological Association APA

Emotion is defined as “a complex reaction pattern, involving experiential, behavioral and physiological elements.



Some definitions

Oxford dictionary

A strong feeling deriving from one's circumstances, mood, or relationships with others. Instinctive or intuitive feeling as distinguished from reasoning or knowledge.





Some definitions



Aristotle (384–322 BCE)

“Emotions are all those feelings that so change men as to affect their judgements, and that are also attended by pain or pleasure. Such are anger, pity, fear and the like, with their opposites



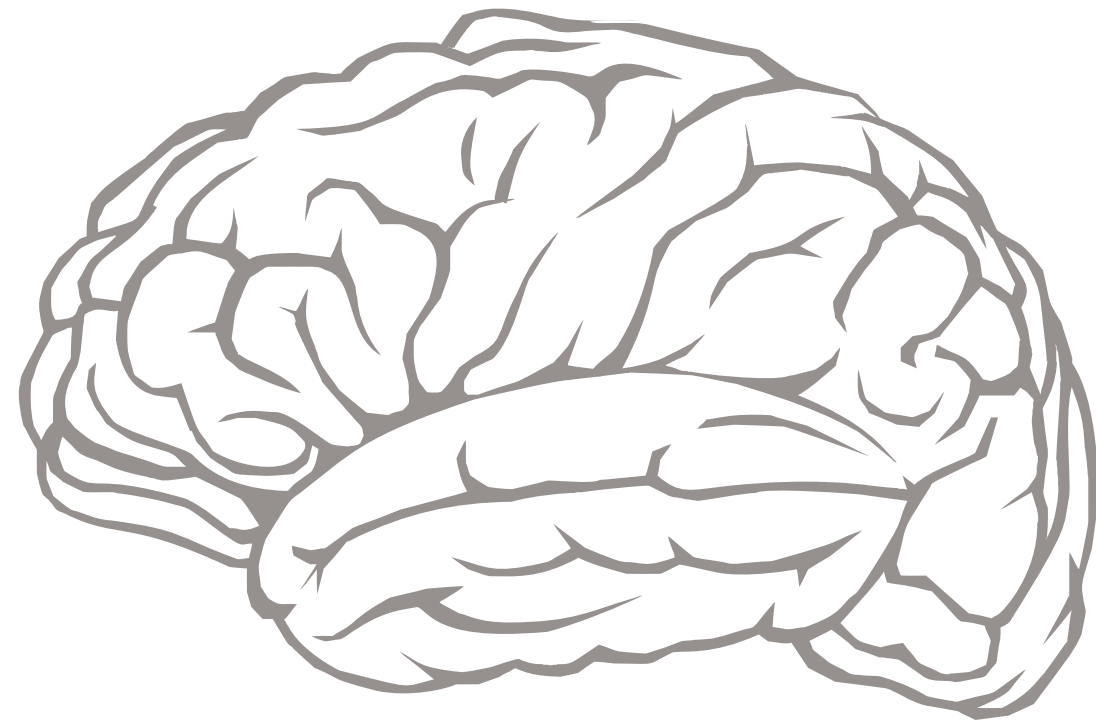
Some definitions

 **Paul Ekman, PhD**

Emotions are a process, a particular kind of automatic appraisal influenced by our evolutionary and personal past, in which we sense that something important to our welfare is occurring, and a set of psychological changes and emotional behaviors begins to deal with the situation."



DEFINITION ELEMENTS



1: Subjective Experiences (feelings)

Your personal experience

The way you experience the emotions (according to your cognition, perspective, values etc.)

2: Physiological response / arousal

Autonomic nervous system

Chemical changes in your organism. Every emotion is connected with specific chemical changes.

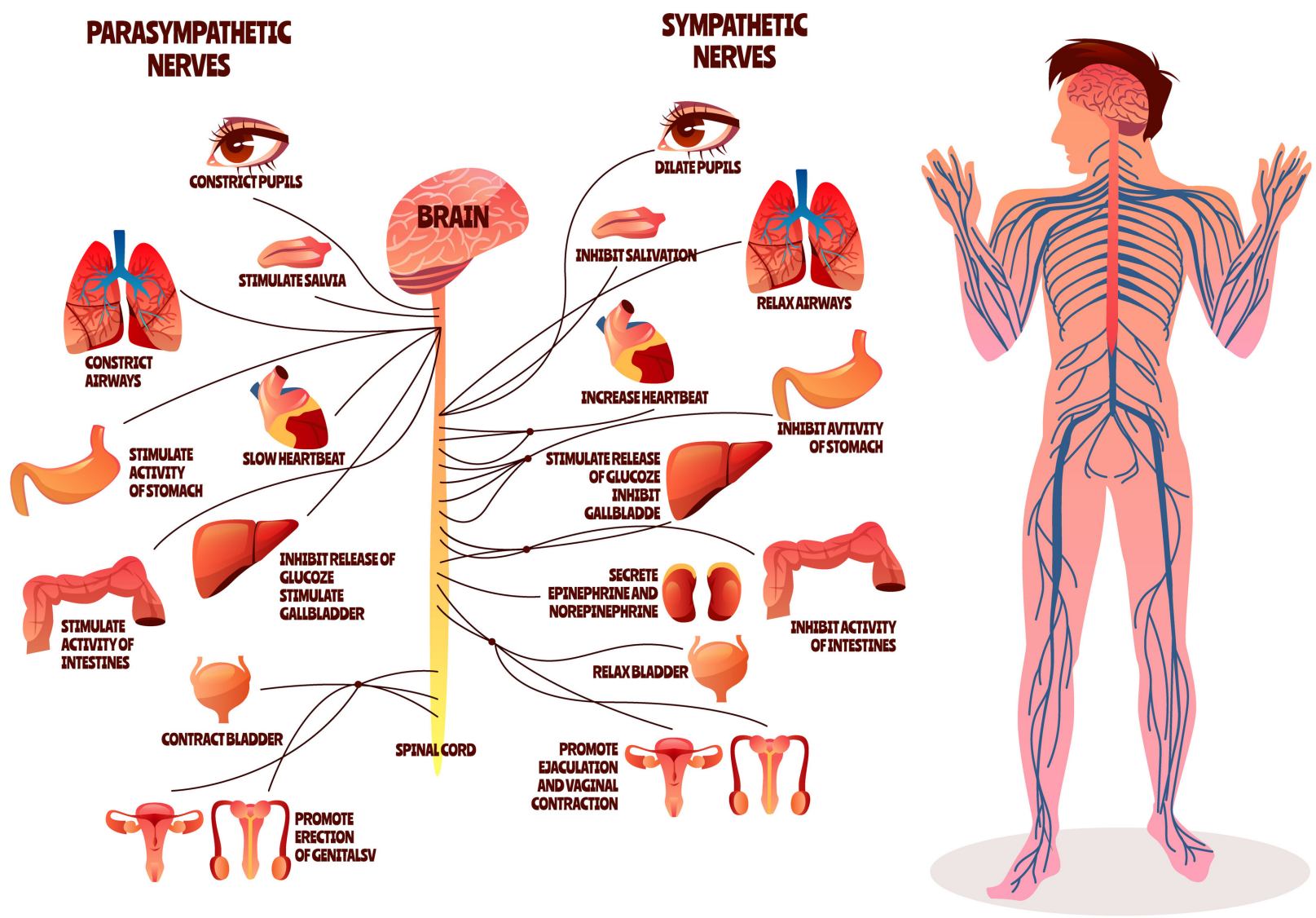
3: Behavioral Responses

The actual expression of emotion. Expressions which can be seen by others

The way you behave to express emotion.

EMOTION IS A REACTION OF THE WHOLE ORGANISM

HUMAN NERVOUS SYSTEM



WE REACT EMOTIONALLY ONLY TO SOMETHING THAT
HAS VALUE FOR US





TYPES OF STIMULUS

1: EXTERNAL

Stimulus comes from the environment

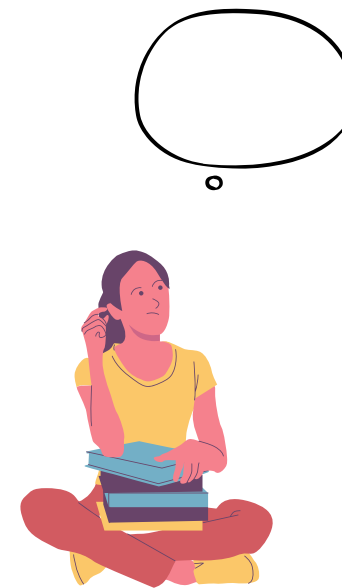
In some situation, interaction with people



2: INTERNAL

Stimulus comes from our mind

Cognitive part, thoughts, perception, appraisal





EXERCISE

THINK ABOUT SOME POSITIVE EXPERIENCE AND
WRITE DOWN EMOTIONS YOU FEEL





EXERCISE

THINK ABOUT SOME NEGATIVE EXPERIENCE AND
WRITE DOWN EMOTIONS YOU FEEL

