

The image features a solid light brown background. In the top right and bottom left corners, there are abstract white line drawings that resemble stylized fingerprints or topographical map contour lines.

WHY DO WE
BECOME
EMOTIONAL?



Paul Ekman

An American psychologist and professor emeritus at the University of California, San Francisco.

"The most common way in which emotions occur is when we sense, rightly or wrongly, that something that seriously affects our welfare, for better or worse, is happening or about to happen."

"Emotions prepare us to deal with important events without our having to think about what to do."

Nearly everyone who does research on emotion today agrees with what I have described so far: first, that emotions are reactions to matters that seem to be very important to our welfare, and second, that emotions often begin so quickly that we are not aware of the processes in our mind that set them off.

Research on the brain is consistent with what I have so far suggested. We can make very complex evaluations very quickly, in milliseconds, without being aware of the evaluative process."

Ekman, P. (2004). Emotions revealed.

Key points



Emotions help us to adapt and survive (without fear we would never survive).



Emotions affect our whole organism, cognitive part and physical part



3 main functions of emotions are: ADAPTIVE, SOCIAL, MOTIVATIONAL



Emotions prepare us to deal with important events without our having to think about what to do.



Emotions are always active in our lives, they stop us or push us to do some things



Emotions help us to make very complex evaluations very quickly, in milliseconds, without being aware of the evaluative process.



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