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**How do feelings and emotion affect our moral decision?**

Emotions is a feeling such as happiness, love, fear, anger, or hatred, which can be caused by the situation that you are in or the people you are with. There are two types of emotions it could be negative or positive and these emotions are extremely affecting on us specially in our health and also in our decisions. Having this kind of positive emotions, it makes us a healthy person because it can heal our wounds in our hearts or illness and through positive mindset. But having a negative emotion not only affects our health but also in our emotion that lead us feel sad, anger and etc. it depends on the situation.

However, we can control our emotions by understanding or knowing where our emotions come from and start to notice how they affect our thinking and behaviour, we can practice managing our response and learn to make better choices. Because we all know that we people are emotional creatures and most of the time we don’t make decisions logically but emotionally and thus decisions taken emotionally can create a big problem in ourselves and a lot of mess and can also screw our decisions.

**MAKING CHOICES: A FRAMEWORK FOR MAKING ETHICAL DECISIONS**

**Making decision is a process of making choices for effective outcome. All I can say of this topic is, in our everyday lives we should make decision so that in the end we didn’t feel regret since everyday we encounter lot of choices and it’s up to us what decision should we choose either good or bad.**

**For me for having a best result is we should identify what decision is best, gather information and identify which path that you predict in your mind is the best action to achieve the goal or desire. Life is full of choices and decision it maybe hard to choose and decide but we need to go further and choose the right thing for our future and success. If that decision is failed maybe it happened because it has a purpose or a lesson. The lesson I learned in this topic is just continue to walk in your decision, until your decision and choices is in line to your success or in your goal.**