

5. Emotions

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Learning Objectives

1. To understand the historical basis of theories of emotions and apply to create examples of their own.
2. To create an awareness of basic emotions with emphasis to the Plutchik's model and identify with their own emotional growth.
3. To highlight the physiological changes during emotions and the importance of emotional well-being in their life.
4. To acquaint them with the various techniques of managing their emotions with reference to anger management and apply the same to their life.

5.1 Introduction :

Emotions have great importance in human life. We cannot imagine human life without emotions. Just as food appears tasteless without salt. Life is meaningless without emotions. Without emotions life will be boring, monotonous and mechanical. They make our life colourful. Depending on how we handle and express them they make our life purposeful and meaningful.

5.1 HISTORY OF EMOTIONS

Activity 1

THINK AND ANALYSE

Think of the following situations and note down what will be the experience of each person in that situation.

1. It's Mira's std 12th result today. She comes

to know that she has topped in the college.

2. Rahul's mother passed away just few days before his 18th birthday.
3. Suchita was ridiculed by her classmate for wearing old fashioned clothes.
4. Yash had a fight at home because his parents were not allowing him to go for a late night party.

If you observe each of the adolescents above, you will realize that as each of them are going through a different kind of situation, they will experience different emotions. Mira will experience happiness due to her success whereas Rahul will experience sadness. Suchita will experience shame whereas Yash will be angry at his parents. "Our life is full of emotions. We all live at the mercy of our emotions. Our

emotions influence and shape our desires, thoughts and behaviours and above all our destiny." – Dr. T.P. Chia

Emotions can be defined as a combination of bodily arousal, expressive behaviour, thoughts and feelings. Imagine you are walking alone on a lonely road in the night and you see some people in the corner of one lane. You suddenly become vigilant, there are thousand thoughts running in your mind wondering what they must be doing. Calculating the risk that they might cause harm, you have cold feet and prepare yourself to run as you are too scared.

Historically different theories have tried to understand the relationship between our emotions, thinking and behavior. Let's see some of the historical theories of emotions.

1. James – Lange theory:

William James and Carl Lange believed that we experience emotions because of our physiological arousal. So according to them we don't cry because we feel sad but we feel sad because we cry.

2. Cannon – Bard theory:

Walter Cannon and Philip Bard disagreed with James- Lange saying that only physiological arousal will not lead to

experiencing a particular emotion because we may experience the same physiological arousal but emotions can be different. Eg: we don't cry only when we are sad but we also cry when we are pleasantly surprised or extremely happy. So according to them we experience physiological arousal simultaneously yet separately. When we experience an emotion, our sympathetic nervous system interprets the stimulus which leads to physiological arousal like crying or heart palpitation etc. The same information is also interpreted in the brain by which we become aware of the emotion.

3. Schachter and Singer's Two Factor theory:

Many researchers including Schachter and Singer accept that our thoughts (which include our perceptions, memories and interpretations) will also contribute in the experience of emotions. Our physiological arousal will interact with our thinking process and after that we will experience emotions.

Newer psychologists also acknowledge the role of specialized brain areas like amygdala in the experience of emotions. According to them depending on the complexity of various emotions, we prefer to process them differently in our brain.

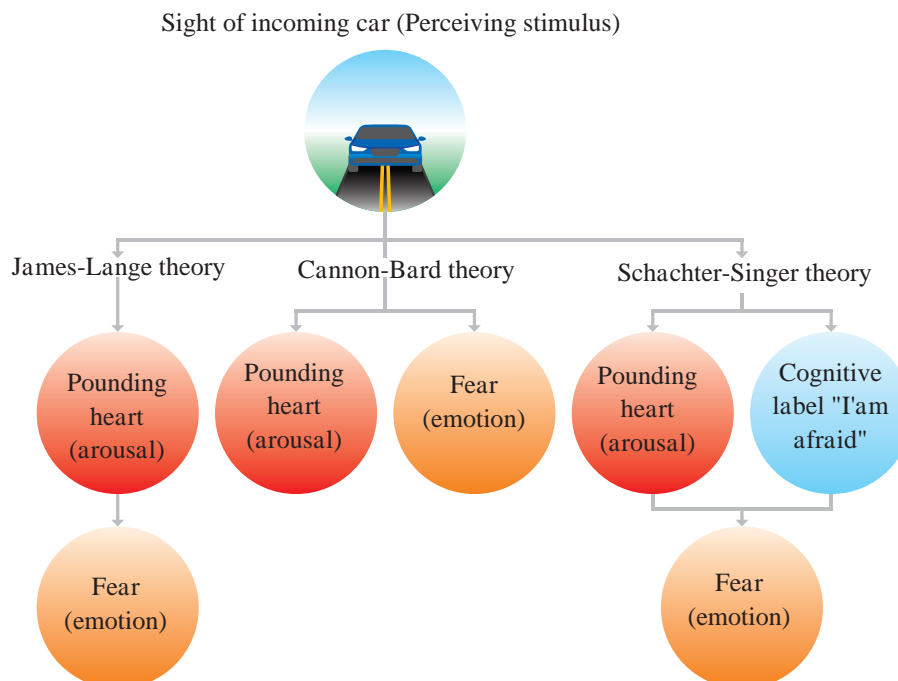


Diagram no.1 Theories of emotions

Activity 2

THINK AND REFLECT

1. Do you start feeling better when you enter in the college and your friend welcomes you with a big smile?
2. Have you experienced that when you are happy, the entire world seems to be joyful and colourful?
3. Have you ever experienced that you are feeling sad and suddenly your friend cracks a joke and makes you smile, you start feeling positive once again.

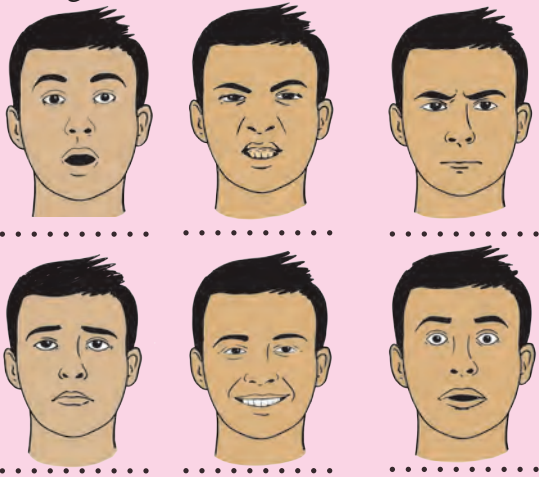
All these phenomena can be explained with the help of **facial feedback hypothesis**. According to this hypothesis, our facial expressions provide feedback to our brain concerning our emotions. In other words, facial expressions are not only the results of our emotions but are also capable of influencing our emotions. So smiling more frequently over a period of time can in fact, make you happier.

5.2 Basic emotions-

Life is not about being rich, being popular or being the best looking, it is about being real, being genuine and true to who you are.

Activity 3

Observe each figure carefully and write the emotion that corresponds to each in the blank spaces provided below. Can you identify which among these is a positive and negative emotion?



There are two primary emotions. Happiness and Sadness. As our experiences change the emotions transform to various levels giving it different names eg happiness can also be transformed to joy, sadness can transform to grief or shame. We experience various emotions in different situations. At times our emotions are so intense that we are ruled by our emotions. Our perceptions, decisions and actions are influenced by our emotions at that time. Some emotions occur for a brief period of time like exploding in anger whereas some emotions are long lasting like love. Some emotions are important from the perspective of our survival like fear whereas some emotions are important for our psychological well-being. Emotions can be socially appropriate or inappropriate or sometimes even socially obligatory. Eg. At a funeral we are expected to show sadness. Basic emotions serve as a base for the more complex emotions which results from the combination of basic emotions.

Researchers have differences in opinion regarding the number of basic emotions but there is acceptance of the view given by Paul Ekman. He has suggested six basic types of emotions.

Activity 4

Check whether you can name the emotions accurately from the following examples-

1. It's Riya's 18th birthday today and her friends have given her a surprise party.
2. Rohan recently had a break up with his long time girlfriend with whom he was in love deeply.
3. Sameer had a disagreement with his best friend over where to go for a picnic and the situation got heated up.
4. Sumi has come to know that she has failed in her exam and she is figuring out how she will convey this to her parents.
5. Ashmeet suddenly saw his school best friend across the street after many years.

6. Amy opened today's newspaper and read the news of a 5 year old getting gang raped.

You must have identified the emotions in the above examples. Let's understand them more one by one.

- 1) **Happiness** – In the example of Riya, she will experience happiness as her friends are giving her a surprise birthday party. Happiness is the most positive emotion which we all experience and it's also associated with satisfaction, contentment and joy. It is closely associated with our psychological well being, health and longevity.
- 2) **Sadness** – In the case of Rohan, he will experience sadness after the break up. Sadness is characterized by some other related feelings like disappointment, grief and hopelessness. As we experience happiness, we also experience sadness from time to time. Even though it's very normal and natural to be sad at times, prolonged sadness can turn into depression. Of course there are some coping strategies to deal with our sadness which will make us more emotionally stable.
- 3) **Anger** – Sameer will experience anger due to the disagreement with his friend. Anger is a very powerful emotion which includes hostility, agitation and frustration. Anger is often displayed through facial expressions, body language, tone of voice and aggressive behavior. Anger is a two sided sword which can be good as well bad.
- 4) **Fear** – Sumi will experience fear as she will be scared to tell her parents that she has failed in her exam. Fear is a powerful emotion which is closely related to our survival from the evolutionary point of view. Fear is also associated with fight or flight response because fear could indicate a threat.

- 5) **Surprise** – Ashmeet will be surprised after seeing his school best friend suddenly across the street. Surprise is associated with a physiological state of response after some unexpected event. Surprise can be positive as in the case of Ashmeet, but it can be negative or neutral also. Eg. When your teacher announces a surprise test in the class, that can be an unpleasant surprise for most of you !! Surprise can sometime increase your adrenaline which will further prepare your body for fight or flight response.
- 6) **Disgust** – Amy is going to experience disgust as she reads the news of a gang rape. Evolutionarily disgust evolved as a reaction to foods that might be harmful or fatal. So generally disgust is more common reaction given to the taste or smell that has gone bad. But some other unwanted situations may also give rise to disgust. People may also experience moral disgust as in the case of Amy when they observe others engaging into immoral behaviours. But human emotions are not so simple and sometimes we experience mixture of emotions which are complex to understand.

Do you know?

Higher cognitive emotions - following are some of the emotions which are like basic emotions and universal but the expression of these emotions vary across different cultures.

- | | |
|-------------|------------------|
| 1. Love | 2. Guilt |
| 3. Shame | 4. Embarrassment |
| 5. Pride | 6. Envy |
| 7. Jealousy | |

5.2.1 Plutchik's Model

According to Plutchik, emotions have evolved over a period of time for increasing our chance of survival. In his model he stated that there are eight basic emotions : joy, trust, fear,

surprise, sadness, anticipation, anger and disgust. Each primary emotion also has its polar opposite. Eg. Joy is the opposite of sadness and fear is the opposite of anger.

Plutchik created the wheel of emotions which depicts the various relationships among the emotions. The intensity of emotion decreases as we move outward and increases as we move towards the center. The color indicates the intensity. The darker the shade, the more intense the emotion. Eg. Anger when its least intense, it is called annoyance and when it reaches at its highest level of intensity, it becomes rage. Emotions with no color depicts combination of two primary emotions. Eg. Joy and trust combine to be love. Plutchik states that emotions are often complex and we experience complex emotions most of the time.

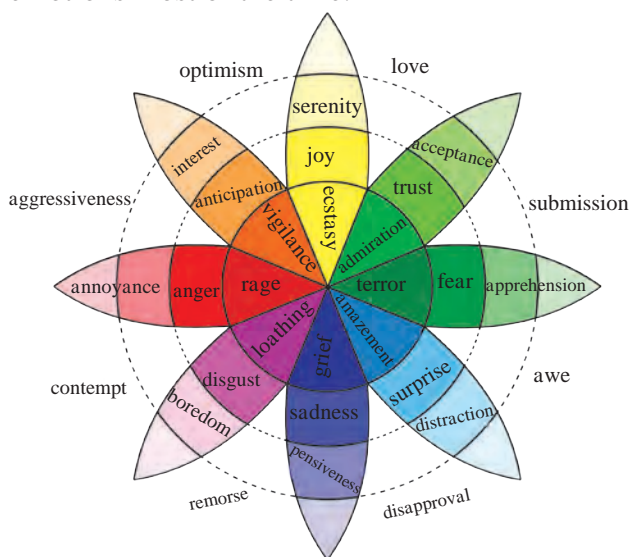


Diagram no.2 Plutchik's model of emotions

Plutchik's model is important from the perspective of emotional literacy that is not only having words for emotions but understanding how different emotions are related to one another and how they tend to change over a period of time. So we need to keep a watch on our emotions, name them appropriately and address them in a healthy way to avoid triggering them in the future. The emotions which are not addressed in a healthy way can be a cause of

psychological problems. It may also lead to unhealthy behavioural patterns in future causing an imbalance in other aspects of a person's life.

5.3 Physiological Changes during Emotions

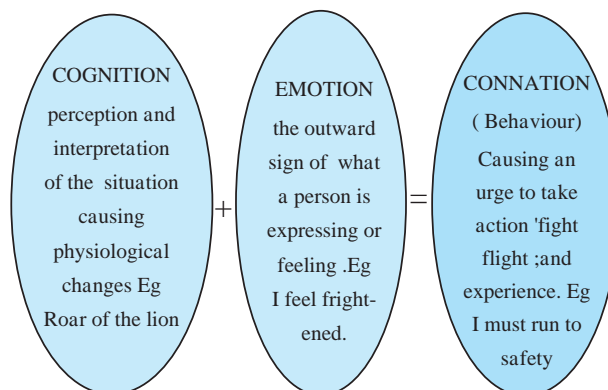
Activity 5

THINK, REFLECT, ANALYSE AND DISCUSS

State what will you feel and how will /did you behave in the given following situations:-

1. You are crossing the road and suddenly find a car breaking the signal and speeding up towards you.
2. You reach home and find the table laid with your favourite dish cooked by your mother.
3. You receive a phone call telling you that your best friend is undergoing an operation and needs blood.
4. Recall an incident in your childhood when you were insulted by an adult.

Emotion is derived from the Latin word 'Emovere which means to stir up or move. According to David G 'Human emotion involves physiological arousal, expressive behaviour and a conscious experience'. The correlation is depicted in the figure given below.

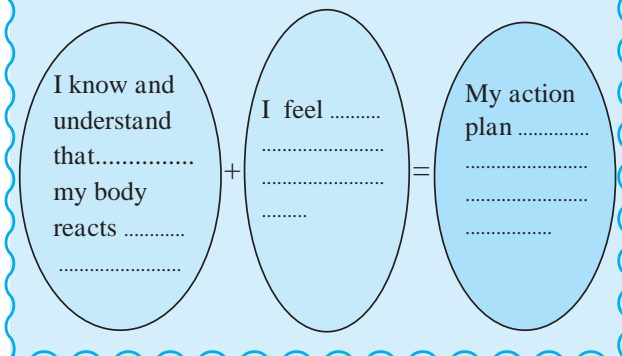


Let's see how this work:

Activity 6

THINK, ANALYSE AND ACT

You see a snake ...with reference to the above given components fill the process with your interpretations feelings and actions.



Physiological changes refer to automatic reactions that take place in the body due to response to the stimulus. If you analyse the above situation .What happened when you saw a snake? The brain at the **Cognitive level** perceived the stimulus as dangerous, based on the knowledge that this animal is poisonous and a threat to life. This arouses physiological changes in the form of dilated pupil, faster heart beats, increased pulse rate, sweating, screaming or yelling or crying. At the **Emotional level** you experience fear. The Autonomic nervous system and Glandular system signalled the pituitary gland which activated the adrenal gland to secrete the cortisol hormone that triggers either a fight or a flight the **Connation level** action plan (running away, calling for help or rushing to get an object to capture the animal).

Let us take a basic strong emotion of joy and happiness. Recall your most joyous moment like your birthday. The stimulus is highly positive so the body releases dopamine and serotonin hormones. Both these chemicals are heavily associated with happiness (low serotonin is closely linked with severe case of clinical depression). You smile more, faces flushes or

heart races, tingling sensation in the stomach elevating your mood and reducing your stress.

Strong basic emotions like Happiness, Sadness, Fear, Anger etc. are directly linked to the arousal of Physiological changes which occur during emotions especially internal and external. Read the illustration given below for more details.

Internal
-The Brain,
CNS, ANS,
glandular
system-
adrenal
gland,
limbic
system-
amygdala

- * Increase in the heart rate and heart beats,blood pressure and body temperature
- * Decrease in secretion of saliva and dryness of the mouth
- * Increase in pulse rate / respiration rate and expansion of chest
- * Decrease in GI tract functioning

External
- The
Visceral
and
Muscular
system

- * Change in the voice - volume and tone
- * Facial expressions/body language- stiffness in muscles
- * Sweating -forehead palms,feet, wrinkles on the forehead.
- * Lip and jaw alignment, redness and dilated pupils
- * Erection of hair on the skin and skin temperature changes

Activity 7

DO, OBSERVE AND DISCUSS

Stand in front of the mirror and looking at your face make the following facial expressions

1. Anger
2. Disgust
3. Fear
4. Happiness
5. Sadness
6. Surprise

What kind of changes do you notice in your facial muscles, rate of heart beat,respiration, skin temperature etc. Share this with your co-partner and write down your observations.

So, now that you are aware of what an impact a positive or a negative emotion can have on your body. Now you can very well become more conscious of how you express your emotions and deal with them in a healthy manner. Researchers have proven that practicing gratitude, mindfulness, altruism, kindness, empathy, compassion and forgiveness are all highly effective ways of balancing your emotions and dealing with the stressful challenges one faces in day to day life.

5.4 Emotional Well-being

Anjali knew her 12th prelims were going to start in two weeks. She had been studying hard, but she felt like she wasn't prepared. She started avoiding going out so that she could study. When she would take out her books to read, she couldn't concentrate; she kept thinking, "This is so hard, I am going to fail", "My parents will be so disappointed with me". Anjali would keep reading the same page over and over again without understanding what she has read, and then feel guilty about the amount of time she had wasted on one chapter. As the prelim exam got close, she got more anxious about her exam, and two days before her paper she got a high fever. Anjali was determined to give her exams; she did with her high fever. Unfortunately for her she didn't get the marks she had hoped for and was disappointed.

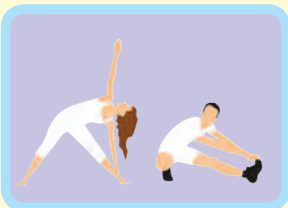
Do you think there is anything that Anjali could have done differently here? In this case study, it is easy to think that the poor outcome was a result of the physical illness, the fever.

But do you think, there could be other factors that were also playing a role here? Anjali lost focus in her studies due to high anxiety, which negatively affected her immune system and caused her to fall sick.

While physical well-being is observable to the common eye, emotional well-being is innate and not easily observable. It can be measured on the basis of how a person rationally handles the situation in a calm and healthy manner. Emotional wellbeing is gaining importance in today's fast paced lives that we lead. There are several external stressors eg: peer pressure, exam pressures, family expectations etc. that can have an impact on us. As humans, we will always experience negative emotions while coping with such stressors. We need to ensure, that we can manage these negative emotions so that they don't prevent us from leading a good life. Emotional well-being means managing our emotions, both positive and negative ones, so that we can lead a healthy and productive life. Thus understanding and managing one's emotions, encouraging positive emotions and not getting overwhelmed by the situation negative emotions is also an aspect of emotional well-being.

5.4.1 How do we achieve emotional well-being?

Lots of research has been conducted to try and answer this question, some of the ways it can be achieved will be discussed here. The reason for this is that there is no one formula for emotional well-being; instead there are a lot of techniques that have been found to be helpful in regulating our emotions at the A) PHYSICAL B) EMOTIONAL C) SOCIAL. Some of them are mentioned ahead.



A) PHYSICAL

- Exercising releases endorphins, a chemical that makes us feel good and also acts as an essential stress buster to negative thought cycle accompanying negative emotions eg sad, guilt, anxiety.
- Eating a well balanced healthy diet to provide adequate nutrition and avoid health issues.



B) EMOTIONAL

- Managing stress by raising levels of motivation, engaging in meaningful activities and hobbies and connecting with optimistic people that help you develop.
- Practising mindfulness and staying connected with the present rather than ruminate on the past thus raising our emotional health.



C) SOCIAL

- Building meaningful relationships with others, provides us with emotional support and boosts our morale.
- Volunteering and engaging in prosocial acts develops our self esteem, confidence level, reduces depression and develop feeling of gratitude.

5.4.2 Benefits of Emotional Well Being

An individual who is high on emotional well being will experience the following benefits:

1. <i>Coping with stress</i>	<ul style="list-style-type: none"> • They are better able to deal with stress. • They use healthy methods- like talking to friends, exercise, etc. to cope.
2. <i>Better Self Regulation</i>	<ul style="list-style-type: none"> • They are able to deal with emotions such as anxiety, anger, and fear without allowing the emotions to overpower them. • They can label how they feel and accept these negative emotions as being a normal part of life.
3. <i>Increases productivity</i>	<ul style="list-style-type: none"> • Feeling positive makes them feel energised, which helps in the performance of various tasks like studying, playing etc. • The ability to focus and think clearly is also enhanced in emotionally healthy people.
4. <i>Increased creativity</i>	<ul style="list-style-type: none"> • They are open to new experiences and curious in life. • They can think of different strategies to solve a problem when one fails.
5. <i>Life Satisfaction</i>	<ul style="list-style-type: none"> • They are able to build relationships and have deep personal connections. • They perform activities like volunteering in social service or philanthropic activities which helps give purpose and meaning to their life.

5.5 Emotional Abuse

Activity 8

1. Have you ever been caught in a situation where none of your friends were talking to you and you felt so helpless?
2. Have you ever seen somebody getting bullied in front of you? Can you understand what the person must have felt that time?
3. Has it ever happened to you that you have started conversation with one group and they pretended that they just can't hear you?

If the answer for above questions is YES then it depicts emotional abuse.

We are more familiar with physical abuse which makes use of aggressive techniques like hitting, kicking, pushing or other physical forms of harm to control the other person. The other form of passive abuse is emotional abuse. Emotion is used as a weapon of choice to control the other person. So the examples we have seen above are not using any physical form of abuse but they can be termed as emotional abuse.

Emotional abuse is one of the hardest forms of abuse to recognize. It can be subtle or overt. In both ways it hampers the self esteem and confidence of the victim as he/she is wounded emotionally. Emotional abuse is more harmful and damaging to the self esteem and self- worth of a person. It can leave the person feeling depressed, anxious and even suicidal. The scars of emotional abuse are much severe and consuming and take more time to heal than physical abuse. The excessive and callous use of the harmful behaviour depict lack of control and intentional hurt leading to emotional abuse.

Types of Emotional Abuse

Verbal violence - yelling, insulting, and swearing. It will also include lecturing, ordering and unpredictable outburst Labelling, publicly embarrassing and blaming causing fear, threatening

Non Verbal - Rejection – pretending not to notice and ignoring conversation, isolation, bullying, digital spying

Check if you are prone to get emotionally abused.

- You prioritize others needs before yours
- You always try to please others.
- Sacrifice for others but they don't reciprocate.

- Repress your feelings because other should not feel bad.
- You feel guilty for standing up for yourself.
- You think that you deserve this treatment.
- You believe that nobody would want to be with you.

HOW TO DEAL WITH EMOTIONAL ABUSE

When you fail to confront mistreatment you become an accomplice to your own emotional abuse. If you are experiencing emotional abuse, it's important that you seek help. **Besides that there are some simple steps which you can take to deal with emotional abuse.**

1. Accept that abuse is not your responsibility. Don't justify the person who is abusing you. The problem lies with them and not with YOU!!!
2. Disengage and set personal boundaries.
3. Decide that you will respond to the abuser assertively and try to seek distance from such people.
4. Don't give immediate reaction to the abuser.
5. Give yourself time to heal.
6. Seek professional help and guidance. Talk to your friends or teachers or family members who will support you. You can also seek professional help from your school or college counsellor.
7. Practicing self care like going for a walk, eating the right food or listening to music reduces the symptoms of anxiety. Prioritizing your self-care could be crucial for overcoming emotional abuse.

The most important point to deal with emotional abuse is breaking the silence and standing up for our own self.

5.6 Managing Emotions

Manan and Manasi are twins yet very different from each other. Manan is always anxious and the smallest problem will send him in a state of frustration. When he is stressed he

gets agitated and shouts. Small events in the environment affect him such as the pollution, the traffic jam, the long queues, the power cut, the unclean pavements, his friends gossiping, his teacher's behaviour. His moods and happiness are directly influenced by what is happening around him and he always appears sad or nervous about something or the other. On the other hand Manasi is very calm and composed. She doesn't let the disturbance and chaos get to her. She appears to be more in control of her feelings. Thus she tends to be a lot happier and content compared to her sibling Manan.

What is the difference? Manan is struggling to manage his emotions while Manasi has mastered the skill of managing her emotions. The major difference being INDIVIDUAL'S CHOICE. Managing your emotions is very much a question of choice. Everywhere you look, you will find many people around you struggling to handle their emotions. You will observe many are in a state of denial and hesitate to acknowledge their emotions openly. Some do not understand their own emotions clearly there are few who are self aware i.e. know themselves well and are able to express their emotions in a healthy manner. Have you ever thought as to why people find this aspect of their life difficult to control? Here is where Managing of Emotions comes into our life as an important life skill.

Managing Emotions can be defined as 'The ability to be open to feelings and modulate them in oneself and others so as to promote personal understanding and growth'. The limbic system, the emotional section is the oldest part of the brain. It developed before the prefrontal cortex which is 'The Thinking part', hence making it the extremely strong part of the brain.

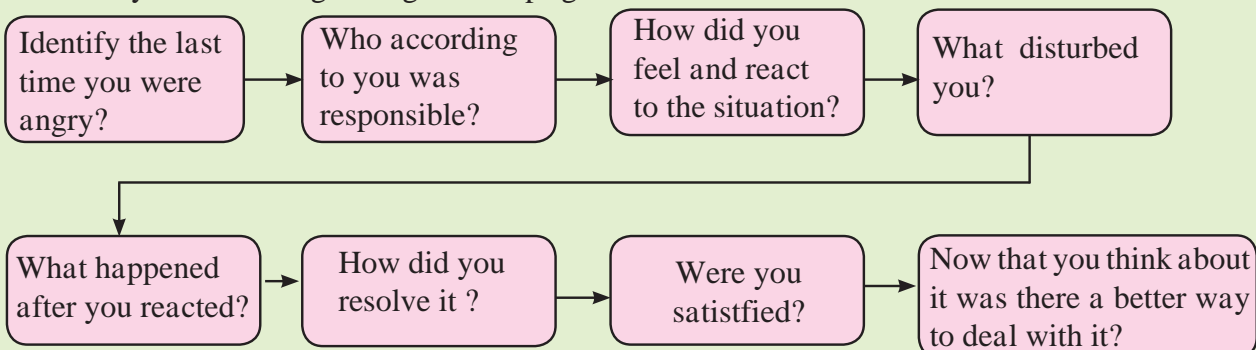
This is the reason why many a times our emotions hijack our thinking. In such times we tend to act impulsively, compelling us to take wrong decisions that cause major downfall or failures in different aspect of our life eg: choosing friends, career, relationships etc

Recollect the concept of Emotional Intelligence in std XI Textbook of Psychology chapter 2 and its major components. Emotional Intelligence involves the ability to understand and manage one's emotions. It is linked to everything from academic achievement to major decision making skills in life.

Managing emotions is an art as well as a science. An art, as it's a form of expression. Our feelings make our life beautiful and helps us stay grounded as humans and to all around us. However, it is also a skill that needs to be learnt, giving it a structured scientific approach. It needs to be acquired with practice to maintain a balance and harmony between the mind and the body. We have taken an important emotion 'Anger' and dealt with how to manage it through the structured approach of Anger Management.

Activity 9

Look at the diagram given below. Can you identify the last time you were angry? Introspect and analyze this feeling through the steps given below.



5.6.1 Anger Management

“Holding on to anger is like grasping a hot coal with the intent of throwing it at someone else; you are the one who gets burned.” - Buddha

What is Anger?

Anger is a primary natural emotion expressing dislike or displeasure. Though many a times unwanted or irrational, it is a very common emotion that everybody experiences in their life from time to time. It is a very common way of releasing a negative feeling arising towards a person or a situation, event or thing. You experience anger when someone or something annoys you or disappoints you. It could be someone, you think has done wrong to you or a situation that has occurred beyond your control or awareness, or you have been a victim to. To a lay person anger is considered to be an all-round negative emotion but this is not so. It is a protective emotion that helps people defend themselves from physical and psychological threats.

Activity 10

Reflect, Think and Discuss

1. Have you seen two adults fighting and physically abusing each other on the road? What could have led to such strong reactions from them?
2. Recall your student years in school, do you remember the first fight or argument you had with a classmate?
3. Recall your high school years as a student when you were reprimanded by your teacher or your parent or an adult in the family.

How does Anger happen? How does your Brain work?

Have you ever wondered how the neurological forces act on your brain during the process of anger? If we need to learn how to

manage Anger let us see how this happens in our brain.

In Std XI Chapter 7 Nervous System you have studied the nervous system. You have studied the different parts of the brain. The Cerebral Cortex (the outer portion of the brain) is the Thinking Centre of the brain. It is a part of the forebrain logical reasoning and judgement function.

The Emotional center of the brain is the Limbic system. It is located in the lower section of the brain and more primitive than the cortex. Hence when a person is experiencing and expressing anger, he or she is not using the cortex (thinking section) but primarily functioning from the limbic system. In the limbic system, a small structure called Amygdala which is a storehouse of emotional memories plays an important role in the emotional outbursts. The data coming in from the world around us passes through the amygdala where the decision is made whether to send the data to the limbic or cortex area of the brain. If the incoming data triggers enough of an emotional charge, the amygdala can override the cortex, which means the data will be sent to the limbic system causing the person to react using the lower part of the brain. During an overriding event, the amygdala goes into action without much regard for the consequences (since this area of the brain is not involved in judging, thinking, or evaluating). Eg. You are waiting patiently in the queue at the bank, a person comes and cuts the line and moves ahead of you, you scream at them and ask them to go back. On an average, it can take 20 minutes for a person who has experienced an angry state of arousal to calm, to move from functioning from the emotional area to the thinking area of the brain. Hence if you recollect when you got angry as a small child your teacher or parent asked you to count from 1 to 50 or 100 numbers.

Triggers of Anger – ‘Do I know what makes me angry?’

Now that we understand how anger happens in the brain, we face the next challenge as to what causes us to get angry. Often called Triggers of Anger -it is any event that signals the brain to activate the body’s anger system. Once the trigger is activated, the angry feelings begin automatically. These triggers of anger will vary from person to person based on the individual life experiences. Eg: if you have been bullied or shamed in school as a student you will have strong resentment towards someone or situations, in relationships etc. that are controlling or threatening. Here are common triggers of anger:-

VERBAL	Subject to abusive language causing feeling of being disrespected or devalued, feeling of being criticized or scolded, insulted, deceived or lied to, labeling, shaming, blaming.
NON VERBAL	Mostly through gestures and facial expressions-Feeling of being disregarded, neglected, ignored, frequently spurned or rejected, frown, show a smirk on the face, give a wierd look, feeling unloved and unappreciated, dissapointed.
PHYSICAL	Basically actions causing physical harm or physical threats -Violation of your personal space through physical attack, slapping, screaming shouting, kicking, shoving, grabbing by the neck. Sexual assault rape, feeling out of control, weak, inadequate and incompetent.

Activity 11

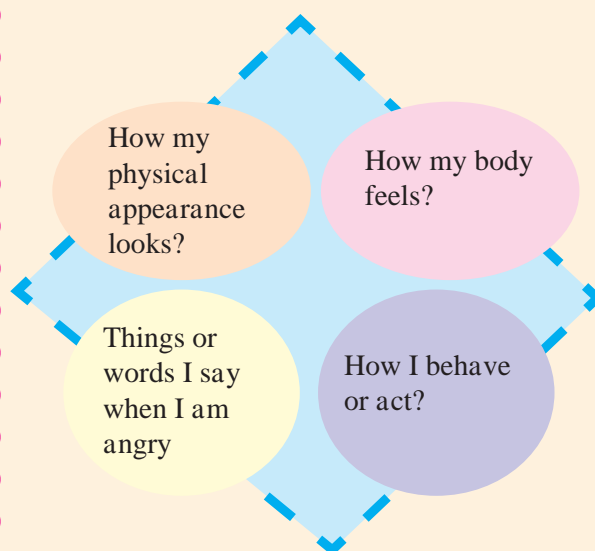
Can you identify from your immediate family members, peer group and elders or superiors that you meet who among them gets a) angry faster b) who are slow to get angry and 3) who rarely get angry. List atleast 2 names in each category and recall a trigger causing their anger.

Activity 12

KNOW, FEEL AND GROW

Knowingly or unknowingly as humans, we all succumb to situations and get Angry. Depending on the level of self-awareness the frequency of anger outburst will vary from person to person.

Here is a process to identify with yourself as you experience this strong emotion. Reflect and apply this grid to how your body reacts in an angry situation.



If you have discussed your experiences in activity 11 and completed activity 10 and 13, you will understand that Anger is expressed emotionally (feeling), cognitively (thinking), physically (bodily changes) and behaviourally (through actions). Even though there may be different reasons to be angry, overall there are three factors involved.

A Trigger-Causes of anger

The Individual's personality and character traits

Particular interpretation of the event - person or situation

**You can anticipate and manage your anger
'When awareness is brought to your emotions,
power and direction is brought to your life'**

When a person understands the underlying reasons for the anger they are able to anticipate potential anger episodes and deal with it more appropriately. When we understand our triggers, we are able to manage our anger (keep the process in the cortex instead of the limbic system), and provide an intentional response, hopefully than reacting and pushing the situation to a disastrous end. If we are attuned and aware of our triggers, we are better able to predict our own response and make choices not to respond in an angry manner. This means that we will be:

1. More observant and aware of what is going on to trigger us, and
2. Take measures to talk ourselves into a more acceptable response that will allow us to be in control of how we are responding to the situation by avoiding intentionally an uncalled for reaction.

Manage your ...

A.nnoyed

N.egative

G.rumpy

E.xasperated

R.ageful

...don't let your annoyance grow !

Being more in charge of your reaction to anger comes from the self-control you maintain in understanding what happens in your brain, and in knowing and understanding your triggers. Your thoughts and emotions are controlled by your cortex enabling you to strategise and get less emotionally charged. **As the experience of**

anger is subjective, it can be controlled too.

Anger can be a powerful ally. As one of the most cathartic emotion, it can be an effective cleanser of the emotional system. However when it becomes a habit, it loses its power to transform and becomes an obstacle. So an intervention program called Anger Management is a must to avoid it becoming a habit. Rather than the majority of people who prefer to blame people or situations for their anger, anger management will create the awareness and willingness to take responsibility for your emotions. It has been described as deploying anger successfully to your advantage rather than creating chaos in your life.

Effective Anger Management begins with you. Controlling anger involves two perspectives:

- a. Managing your own anger
- b. Learning how to respond effectively to the anger in others.

Activity 13

Think, Reflect, Discuss and Share

Can you imagine driving a car without controlling the steering wheel? What would happen? It's obvious you will crash and meet with an accident. So now imagine your life as the car and the steering as your anger? How will you feel in this situation?

Take responsibility for your Anger:

Taking responsibility for your feelings makes you the driver rather than a puppet on a string. And thus you start functioning from your internal locus of control. So you exercise the choice of freedom to control your life. You have the opportunity to evaluate, regulate and control your anger and use your innate ability to think rationally and make the correct decisions. Let's look at the different approaches to Anger Management.

The 3 R's : Relax, Reassess and Respond

1. **Relaxation and Connection with the inner self**:-directly enhances clear thinking, attention and concentration .When you are angry you are in a vulnerable state so you reach to conclusions and decisions in a storm. Engaging in power booster activities like meditation techniques, listening to music, engaging in hobbies, social work etc. puts your body deliberately in a calm, stable state and gives you recovery time to manage your anger. You can see things in clear perspective. This stage prepares you to respond rather than react impulsively.
2. **Reassess**:- Now that the mind is relaxed you can revisit the situation objectively and figure out exactly what is happening? how is it affecting you? whether an action needs to be taken and what action should it be?

Feelings Thermometer



- **Take complete responsibility for your emotion** rather than blaming someone else for it. This empowers you to acknowledge your emotions and behaviour. You are not accepting responsibility for the other person's choices and feelings nor surrendering or defending yourself nor admitting it is your fault. You are merely paying attention and shifting the focus on your needs that were not satisfied in a given situation. Eg: Your best friend lied to you. In this situation you feel disrespected, hurt and disappointed without being judgmental of what is good or bad. Now that you are aware of it you will be able to control how you will behave and respond to that friend in a rational manner.

Activity 14

You can prepare the Feelings Thermometer for yourself as a book mark and keep it with you for all times . You may keep referring to this when under stress or you confront uncomfortable situations arousing any negative emotions that could lead to anger

- **Developing empathy** for the person that wronged you can also help you slow down the anger ,as you understand that your adversary is also struggling with difficult emotions like you. When you reach this stage of reassessment you would have calmed down still in your anger meter.
- **Using compassion** – each one is going through their own battle of emotions. Understanding that they are also humans and are capable of making mistakes empowers you to deal with your anger in a better way. Eg you might choose to break your friendship with this friend who lied to you and that may be perfectly sensible to you. You need to decide for yourself which kind of behavior you are willing to tolerate

or not tolerate. Set certain boundaries and let go.

- **Conduct a Reality check:-** You will be in a better position to monitor your anger if you conduct a reality check of the situation you are facing. Take a 360 ° view of the situation and look clearly at what happened. You need to step away from your initial judgments and gather more evidence before setting upon a course of action or taking a decision. Some key questions to ask yourself
E g :

1. How important is the friend to you now that you have faced a situation involving him or her?
2. Is your anger justified given the facts what happened? Would an average person get angry, faced with the same situation?
3. Why did your best friend lie to you. What were the compelling circumstances? Did you have any role to play in it?
4. Is the situation modifiable or something you can do to change it for the better
5. Is it worth your time and effort?

3. **Respond:-** Use your anger as a motivation to change. Anger is telling you something. This is the time when you re-engage with the other party or situation to resolve the conflict.

- a) **Consult** a trusted family member, elder sibling or another friend on their views or suggestions on this situation can be of some help as you get another perspective to handle the situation.

- b) **Engage talks with the other party :-** This approach requires a lot of mindfulness. You need to be calm, polite, respectful at all times, maintaining good facial gestures of course having the willingness for a meeting to talk about the incident that caused the anger.
- c) **Active listening :-** Before you articulate your needs, concerns and perspectives you must give the person a platform to express their point of view . Being an active listener helps you communicate and resolve the problem more effectively.
- d) **Speak assertively :-** you stand up for your feelings and emotions while exhibiting the same for the other person .This is precisely the right kind of approach and attitude to adopt as it is a positive communication style, practical and derives meaningful and satisfactory results for both.
- e) **Cage your Rage :-** Guard yourself against escalation of your own anger .When you are angry the desire to hurt the other person is very strong. Instead of provoking the other person's anger, work towards moderating your own and let the other speak up until they calm down. It is important to establish clear boundaries on how you want to be treated by the other person.

Anger managment is a skill which has to be acquired through practice, so logging how you went about managing this emotion will give you a sense of pride and accomplishment. It will empower you to raise and upgrade your social skills, manage conflicting situations and achieve your goals and fulfill your dreams and aspirations in life.

Summary

- Emotions are an essential part of our life and add meaning to our existence. They play an important role in how we think and behave. The emotions we feel in our day to day life influence our habits, attitudes and compel us to take action and even influence our decisions, both small and major ones.
- Hence Understanding and Managing one's emotions in other words developing Emotional Intelligence is an important life skill which all humans must learn and master to make their own lives purposeful, meaningful and enriching.
- Basic Emotions nurture our thought processes and help us grow, survive and face challenges in life. The ability to manage emotions effectively is a pivotal part of emotional intelligence. Regulating emotions, responding appropriately,

and responding to the emotions of others are all important aspects of managing emotions.

- Emotional abuse is more damaging than physical abuse. It can destroy the person's self-esteem and they begin to doubt their own perception and reality. Hence recognizing, awareness and finding ways to come out of it is essential.
- Practicing strategies of Emotional well-being many a times causes us to choose activities that give us a sense of happiness, satisfaction and contentment and avoid those activities that cause boredom, frustration, sadness and anxiety.
- Anger is a powerful catalyst among emotions either spurring a good or a bad response. Understanding the major triggers and proper practice of anger management techniques can enable the individual to be instrumental in their own personal growth.

Important Concepts

- Emotion
- ANS (Autonomic Nervous System)
- CNS (Central Nervous System)
- Parasympathetic and Sympathetic

Nervous System

- Emotional Abuse
- Emotional Well Being
- Anger

Important Psychologists

- **William James :** William James was an American philosopher and psychologist. His major contribution to psychology was the evolutionary theory on Functionalism, which

established a causal relationship between internal state and external behavior. He is also referred to as the 'Father of American Psychology'

Important Psychologists

- **Carl Lange** : Carl Georg Lange was a Danish Physician who made significant contributions to the Field of neurology, psychiatry and psychology. His major contribution was the theory of emotions which signified that emotions are influenced by physiological reactions to stimuli. Later on his theory was paired with William James and their theory came to be known as James Lange Theory.
- **Walter B Cannon** : Walter Bradford Cannon was an American Physiologist. He developed the term Fight or flight response
- **Philip Bard** : Philip Bard was a graduate student of Walter B Cannon. In 1927, they together developed the theory of emotion referred to as Thalamic theory. According to this theory stimulating events triggers emotional response and physiological reactions simultaneously. Together it came to be known as the Cannon-Bard theory of emotion.
- **Stanley Schachter** : Stanley Schachter an American Social Psychologists renowned for his two factor theory of emotion with Jerome Singer and his extensive research in interactions of social and physiological. Determinants of behaviour. The two factor theory of emotion proposed that emotional arousal is a result of both physiological and cognitive responses.
- **Paul Ekman** : He was an American psychologist who did extensive research on human emotions. His work showed that there are six basic human emotions that are seen in all cultures.
- **Robert Plutchik** : He was an American psychologist who theorised eight primary emotions and created the wheel of emotions. The wheel of emotions depicts the relation between the eight emotions and their polar opposite emotions.

Exercises

Q.1. Complete the following Statements:

1. _____ is a combination of bodily arousal, expressive behaviour, thoughts and feelings.
a. Response b. Reaction
c. Emotions
2. According to James Lange we first experience _____ then emotions.
a. physical arousal b. feelings
c. thoughts
3. Emotion is used as a _____ to control others.
a. weapon b. measure
c. opportunity
4. When you allow another person to exploit you, you are a victim of _____ abuse.
a. physical b. emotional
c. social
5. Exercising releases _____ which makes you feel good as a stress buster.
a. endorphins b. thyroxin
c. insulin

Q.2. Identify the odd items from the following and write a suitable reason for your choice:

1. admiration, disgust, acceptance, trust
2. kicking, ignoring, shoving, screaming
3. Reassess, React, Respond, Relax
4. meditation, social work, compassion, engage in hobbies

Q.3. Match the Pairs:

A

B

- | | |
|-------------------------------|---------------------|
| 1. Happiness | a. Basic Emotion |
| 2. Paul Ekman | b. fight and flight |
| 3. Anger | c. surprise |
| 4. Fear | d. sadness |
| 5. Grief | e. triggers |
| 6. Anger management technique | f. powerful emotion |

Q.4. State whether the following statements are true or false :

1. Emotional well being is not easily observable.
2. Positive emotions energise you.
3. You should feel guilty for standing up for yourself.
4. Anger is a basic negative emotion.

Q.5. Answer the following questions in around 35-40 words each :

1. Explain the term facial feedback hypothesis.
2. When does an individual face social rejection?
3. With the help of an example write the non-verbal triggers of anger.
4. What are the aspects of emotional well being?

Q.6. Compare and Contrast :

- a. Happiness and Sadness
- b. James Lange theory and Cannon Bard's Theory

Q.7. Write Short Notes on the following in 50 60 words:

- a. Measures of dealing with Emotional

Abuse

- b. Plutchik's Model of Emotions
- c. Anger –A Powerful emotion
- d. Managing Emotions
- e. Benefits of Emotional Well being

Q.8. Answer the following in 50-60 words:

- a. Using the 3 R model of Anger Management present a case study of your own experience.
- b. How does the brain work when angry?
- c. After having realised you are emotionally abused by your best friend, write the steps you will take to deal with it.

Q.9. Analyse the situations presented below and

- a. Write the Emotion/s you experience.
- b. What will be your response to this situation ?

1. Anish was scolded by his boss. He came home and in a fit of rage hit his son. You are Anish's friend who witnessed this outburst.
2. You helped your friend with study notes during his illness. But when your friend got better he did not respond nor show any sense of appreciation.
3. Though you are a good friend of Anushka, she has not invited you to her new year's party.
4. It's your Birthday and you wake up that morning to find yourself surrounded with beautiful gifts.
5. You have had a hectic day at college when you come home you find the door locked. You forgot your keys at home that day and your parents have not informed you of their plans.
6. You have planned a surprise day out for your best friend and she tells you she is not interested and has other plans.

