



## EXPLORING EMOTIONS

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#### EMOTIONAL DISCLOSURE

**Emotion**: an energetic response to the personal meaning of an event

Event: a relational exchange

Meaning: How I evaluate what's at stake

Energetic Response: energy moving in the body

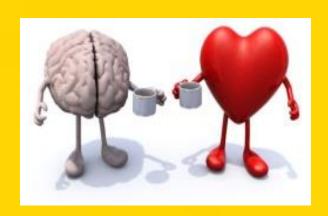
(action tendency)

Choice: what do I with the energy?





- A state of mind, a strong positive or negative feeling, both psychological and physiological
- Expressed or suppressed influence thinking and behavior may manifest
- As happy, sad, fear, anger surprise, disgust etc.



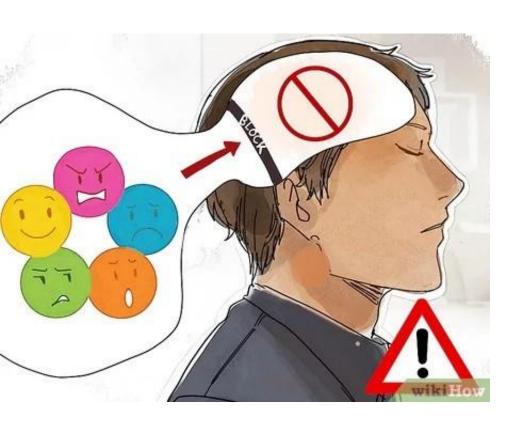
- Guilt, enthusiasm, depression,
   Pride, Regret, Vulnerability,
- Anxiety, disappointment,
   Jealousy, frustration, shame,
   confusion, lonely, resentment
- Hope, trust, contentment
   Satisfaction, peace, confidence,
   Optimism

## Some Principles

- Legitimacy leading to enhancement of interpersonal living. Legitimacy to be respected
- Genuineness: No manufacturing emotions /
   Repress one's emotions
- Expression is part of your genuineness
- Cultural norms play a huge role in hiding or expressing emotions. (Boys don't' cry)

- Constructive Expression: It does not give license to people. Not a weapon of manipulation ( If I cry, then they will feel guilty and leave me alone )
- Dealing with emotions as they arise: Don't save emotions
- Emotional control and repression: Repressed emotions will tend to 'leak out' in distorted and disguised ways such as lack of cooperation, silence, coldness, cynicism and sarcasm.

#### HOW DO PEOPLE DEAL WITH EMOTIONS? BLOCK



- Shut down body –
   Indirect Expression
- Block Breath
- Act out ( Overreact) –Impulsive
- Act in (Underact) Psychosomatic
   M Type-Introverts Non Assertive

### CONTROL GAMES

- Block breath (indirect Expression)
- You talk
- Coercion
- Judgement
- Projection
  - D Type-
  - **Extrovert-**

**Aggressive** 



#### **SKILL**

- Awareness & Choice Direct Expression
- Spontaneous & Self directed (allow breath)
- Identification in Self
- 1.Vocabulary:
  - a) name
  - b) metaphor
  - c) impulse
- 2. Non verbal expression
- 3. Verbal expression
- 4. Choice to keep private
- **B Type- Ambiverts- Assertive**





#### **Expressions**

#### Single words

I feel good; I am angry; I feel caught; I am depressed

#### **Using Phrases**

I am out of sorts; I have my back against the wall; I 'm sitting on top of world

#### **Experiential Words**

I feel she loves me; I feel that I am watched & evaluated I feel that he cares; I feel like giving up

#### **Behavioural Statements**

I feel like singing and dancing through the streets
I feel like telling them off
I feel like hitting you and breaking your teeth



# Activity What triggers your emotional reactions?

People?

**Places?** 

Times?

Words?





## PROCESS OF UNDERSTANDING POWER

#### **EXPLORE**

- WHAT's HAPPENING

#### **UNDERSTAND**

- WHAT DOES IT MEAN TO ME?

#### ACT

- WHAT DO I DO?



## 1.Bod y

- What's happening in my body? What am I feeling?
- Chemistry, metabolism:Breath/heart rate,energy level)

### 2. Impulse

- If nothing held me back, what would I do?
- (Action Tendency)



## 3.Meaning

- How do I evaluate what's at stake?
- (What I care about/What matters to me?)
- My place in the whole





## 4.Options

- What are the ways that I might choose to express this feeling?
- How do I define my relationship to the whole?

#### 5.Intent

## What do I want to happen as a result of my choice of action?



#### 6.Action

I choose how to express (or keep private) the feeling



#### 7.Results

 I pay attention to what happens as a result of my actions.

. How is my relationship affected?

## FEELINGS DIFFICULT TO FACE



- Inadequacy: Ordinary, Left out in the cold
- Incompetence: I am floundering others
   are skillful
- Impotence: you never seem to react
   where as I feel washed out
- Sensitivity affection: Withdrawing physically
- Sensitivity to rejection: I feel that you don't give me a chances

- Desire to Punish: when you are cynical, I feel
   like calling you by every dam name
- Guilt: Letting down some one, betrayed and lied
- Depression: I am in the dark room
- Passivity: I wait here for the rest of you to make contact with me
- Dependency: I feel frightened when I'm away
   from you for any length of time



I get angry at myself when
I like myself best when
I feel encouraged when
When I fail, I
It troubles me when
When I violate my own principles, I
I get depressed when
I'm most at peace with myself when