



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. Body

- **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





Feelings about Yourself

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 -----