

Download The Function Of Emotions When And Why Emotions Help Us

The Function of Emotions: What good are emotions? Why do we have emotions? Until we begin to understand the functions of emotions, why we have them, what their effect is on others, we cannot expect ourselves to change them. Emotion regulation is taking the steps to exert some control over our emotions. In DBT, emotion regulation specifically invites us to experience more pleasant emotions and decrease the frequency of negative emotions. Using emotion regulation, we're able to understand what our different emotions are telling us about the situation we're in. What Are Emotions – Feelings? Different people define emotions in different ways. Some make a distinction between emotions and feelings saying that a feeling is the response part of the emotion and that an emotion includes the situation or experience, the interpretation, the perception, and the response or feeling related to the experience of a particular situation. (d) Positive Emotions Build Psychological Repertoire. Far from having only a momentary effect, positive emotions help to build important physical, intellectual, social and psychological resources that are enduring, even though the emotions themselves are temporary.