

ROLE OF EMOTIONS

Emotions give us information about the world around us

- Emotions provide us with a signal that something is happening.
- Sometimes our emotions communicate by “gut feeling” or intuition. This can be helpful because it will signal us to check the facts.
- Our emotions should not be treated like facts. “I’m afraid so there must be a threat.”
- Emotions are not facts.

Emotions communicate to and influence others

- Facial expressions, body posture, and voice tone say a lot about how you’re feeling. They communicate emotions to others.
- Whether you realize it or not, your emotions, expressed by words, face and body language, influence how other people respond to you.

Emotions also motivate and prepare us for action

- The action urge connected to specific emotions is often hardwired. For example, when we suddenly hear a loud sound, we startle.
- Emotions save time in getting us to act in important situations. Our nervous systems activate us. For example, we instantly jump out of the way of an oncoming car or duck if a puck flies into the stands at a Penguins game. We don’t have to think everything through.
- Strong emotions can help us overcome obstacles in our mind and in our environment.

