

EMOTIONAL INTELLIGENCE

Authentic Feelings

A feeling that is felt spontaneously and without internal censoring and so is congruent with experience and helpful in dealing with reality.

Four Authentic Feelings

sadness, anger, happiness and fear ('sad, mad, glad and scared or bad') are feelings which, if expressed in a healthy and supportive environment lead to solving problems and getting needs met. Each has an appropriate context and an appropriate time-frame.

sadness

relates to loss of someone or something one has been attached to; its time frame is therefore in the past. Expression of sadness is an important part of mourning, a letting-go of the past so that new attachments can be made and invited others to offer support in that process.

anger

related to a sense of not being well-treated in the present and provides energy actively with others to get this changed. If anger is not discharged in the present process (is taken out of its appropriate time frame), particularly if it is saved it may reach excessive levels and be damaging rather than helpful. This sometimes leads to anger being classified as a 'bad' feeling.

happiness

indicates that all is going well with your life and you do not need to make changes. Like anger its time frame is the present.

fear

time frame is the future (and sometimes also the present). It is a response to some dangerous situation that is about to happen or is anticipated in the future. If some action can be taken in the present to make the future safer then this is a helpful feeling. Expression of fear invites others to help you do this. If fear is focussed solely on the future (e.g. on a hypothesised future event that cannot be guarded against in the present) it is likely to be the feeling shown, covering a deeper feeling which is unwelcome.

Complex and unhelpful feelings which are a mixture of thinking and feeling (cognition and affect) are guilt and shame.

sadness	
what is the trigger for this feeling?	
what does it feel like physically, where is it held in the body?	
what is your behaviour with this feeling?	
when is it safe to feel this emotion?	
when is it not safe to feel this emotion?	
earliest memory of this emotion	
what is it like for you when others are showing this emotion?	
how comfortable or uncomfortable is it?	

anger	
what is the trigger for this feeling?	
what does it feel like physically, where is it held in the body?	
what is your behaviour with this feeling?	
when is it safe to feel this emotion?	
when is it not safe to feel this emotion?	
earliest memory of this emotion	
what is it like for you when others are showing this emotion?	
how comfortable or uncomfortable is it?	

happiness	
what is the trigger for this feeling?	
what does it feel like physically, where is it held in the body?	
what is your behaviour with this feeling?	
when is it safe to feel this emotion?	
when is it not safe to feel this emotion?	
earliest memory of this emotion	
what is it like for you when others are showing this emotion?	
how comfortable or uncomfortable is it?	

fear	
what is the trigger for this feeling?	
what does it feel like physically, where is it held in the body?	
what is your behaviour with this feeling?	
when is it safe to feel this emotion?	
when is it not safe to feel this emotion?	
earliest memory of this emotion	
what is it like for you when others are showing this emotion?	
how comfortable or uncomfortable is it?	

FUNCTIONS OF EMOTIONS

emotion	trigger	function
Anger	goal obstruction, violations, perceived injustice	remove the obstacle
Contempt	immoral action	human
Disgust	offensive	repulsion, elimination
Fear	psychological	avoid or reduce harm
Joy	goal attainment	future motivation
Sad	loss of valuable object	call for help, recoup
Surprise	sudden novel objects	orientation, get more info

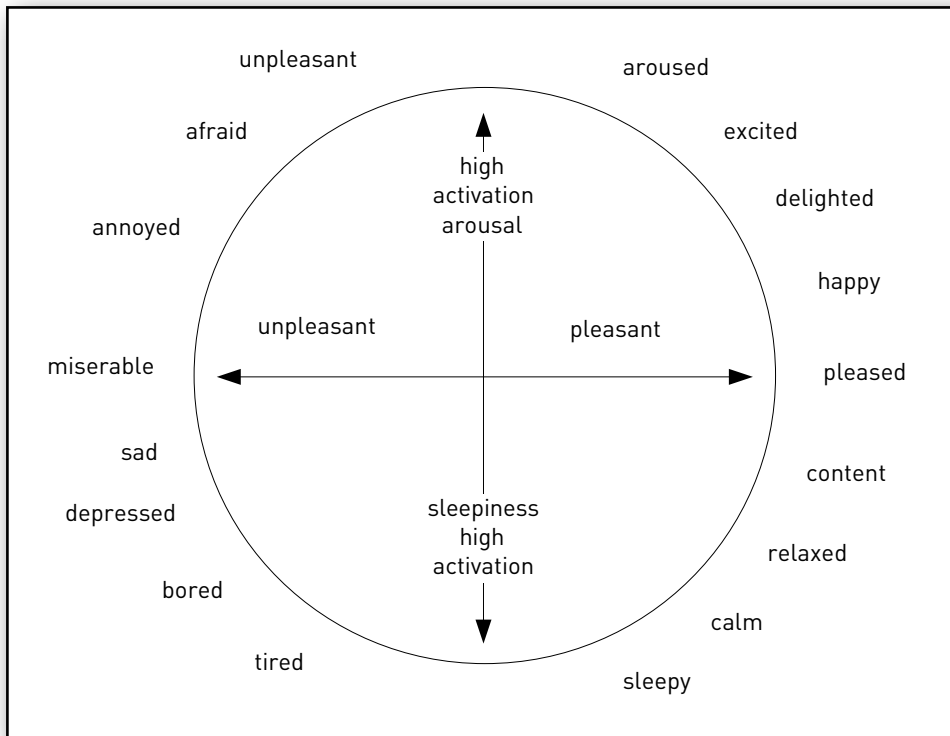
David Matsumoto
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Project
2008

EMOTIONAL RANGE

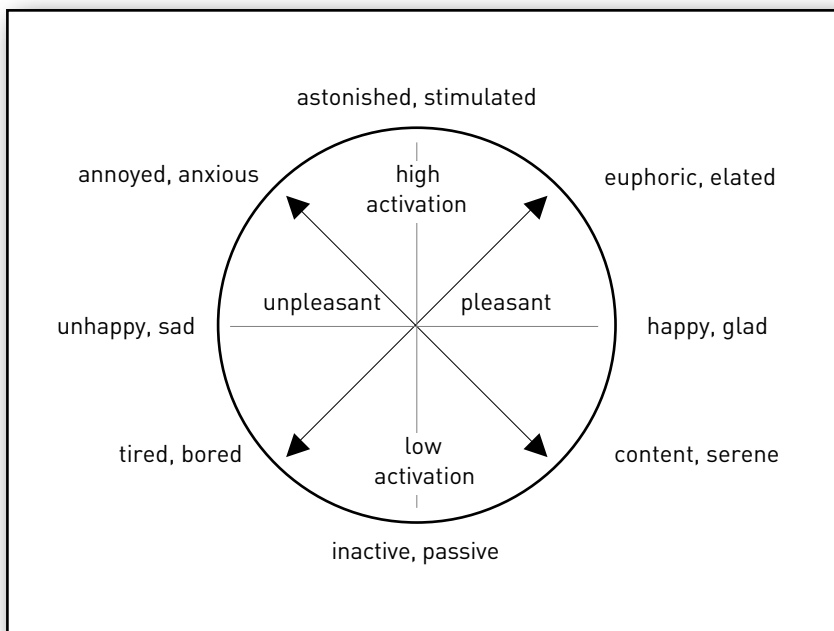
emotion	mood	personality	psychopathology
Anger	Irritable	Hostile	Chronic Impulsivity
Fear	Apprehensive	Shy	Panic Anxiety Phobia
Sad	Blue	Melancholy	Depression
Joy	Euphoria	Optimistic	Mania
Disgust	Disdainful	Arrogance	Anorexia
Surprise	sudden novel objects	orientation, get more info	

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EMOTIONAL MODELS



James Russell, a Canadian psychologist, added to Ekman's work and was adapted by Parkinson, Totterdell, Briner, Reynolds, (1996) Changing Moods: The Psychology of Mood and Mood Regulation



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