

How To Control Emotions

Emotion classification These basic emotions are described Emotion classification is the means by which one may distinguish or contrast one emotion from another. It is a contested issue in emotion research and in affective science. discrete emotion theory, all humans are thought to have an innate set of basic emotions that are cross-culturally recognizable 6f8e99e1a4

Meta-emotion This broad definition of meta-emotion sparked psychologists' interest in the topic, particularly regarding parental meta-emotion philosophy. Meta-emotion is "an organized and structured set of emotions and cognitions about the emotions, both one's own emotions and the emotions of others". This Meta-emotion is "an organized and structured set of emotions and cognitions about the emotions, both one's own emotions and the emotions of others" 6f8e99e1a4

In 1997, Gottman, Katz, & Carole Hooven used

the term meta-emotion to describe...
6f8e99e1a4

Functional accounts of emotion In other words, emotions are systems that respond to environmental A functional account of emotions posits that emotions facilitate adaptive responses to environmental challenges. Under such accounts, emotions can manifest in maladaptive feelings and behaviors, but they are largely beneficial insofar as they inform and prepare individuals to respond to environmental challenges, and play a crucial role in structuring social interactions and relationships. of emotions posits that emotions facilitate adaptive responses to environmental challenges. In other words, emotions are systems that respond to environmental input, such as a social or physical challenge, and produce adaptive output, such as a particular behavior
6f8e99e1a4

Emotion in animals Cognitive bias tests and learned helplessness models have shown feelings of optimism and pessimism in a wide range of species, including rats, dogs, cats, rhesus macaques, sheep, chicks, starlings, pigs, and honeybees. reference to emotions in animals is an attempt to clarify and defend

some particular account of the nature of emotion, and the role that emotions play in Emotion is defined as any mental experience with high intensity and high hedonic content. The existence and nature of emotions in non-human animals are believed to be correlated with those of humans and to have evolved from the same mechanisms. Charles Darwin was one of the first scientists to write about the subject, and his observational (and sometimes anecdotal) approach has since developed into a more robust, hypothesis-driven, scientific approach. Through brain stimulation and pharmacological challenges, such emotional responses can be effectively monitored. Jaak Panksepp played a large role in the study of animal emotion, basing his research on the neurological aspect. Mentioning seven core emotional feelings reflected through a variety of neuro-dynamic limbic emotional action systems, including seeking, fear, rage, lust, care, panic and play

The events that elicit specific emotions and the behavioral...

Affect control theory combine to produce emotions have been derived in empirical studies Affect control theory's

computer simulation program uses these equations to predict In control theory, affect control theory proposes that individuals maintain affective meanings through their actions and interpretations of events. The activity of social institutions occurs through maintenance of culturally based affective meanings 6f8e99e1a4

Human neurology can explain some of the cross-cultural similarities in emotional phenomena, including certain physiological and behavioral changes. However, the way that emotions are expressed and understood varies across cultures. Though most people experience similar internal sensations, the way these are categorized and interpreted is shaped by language and social context. This relationship is not one-sided – because behavior, emotion, and culture are interrelated, emotional... 6f8e99e1a4 Meta-emotion refers to the idea that whenever we elicit a certain emotion, we also deal with subsequent emotions regarding how we experienced the primary emotion. While some psychologists have examined the influence of meta-emotions on how individuals interpret and deal with their own and others' emotions, much of the literature regarding meta-emotion has focused on how parental meta-emotion

affects the social-emotional development of their children. 6f8e99e1a4

Emotion recognition To date, the most work has been conducted on automating the recognition of facial expressions from video, spoken expressions from audio, written expressions from text, and physiology as measured by wearables. Use of technology Emotion recognition is the process of identifying human emotion. People vary widely in their accuracy at recognizing the emotions of others. Generally, the technology works best if it uses multiple modalities in context. People vary widely in their accuracy at recognizing the emotions of others. Emotion recognition is the process of identifying human emotion. Use of technology to help people with emotion recognition is a relatively nascent research area 6f8e99e1a4

Vocabulary of emotions By contrast, research on emotional expression typically focuses on nonverbal behavior treating expression as evidence of underlying emotional states, whereas the analysis of language and emotion from the historical and anthropological perspective instead focuses on how meaning is established in communication, examining how socially shared vocabularies shape what

emotions are understood to be, how they are evaluated, and what responses they license, rather than on emotions as inner psychological or physiological states. Vocabulary of emotions, language of emotions, emotional lexicons, and emotion talk are terms used by historians of emotions, sociologists, anthropologists. Vocabulary of emotions, language of emotions, emotional lexicons, and emotion talk are terms used by historians of emotions, sociologists, anthropologists, and language researchers to describe shared ways of speaking which shape how feelings are experienced, interpreted, and evaluated within a community. Emotional lexicons are socially shared vocabularies through which different societies and intellectual communities name, organize, and interpret feelings, varying not only across. Evidence from these fields indicates that languages encode emotion in culturally specific ways, from unique "untranslatable" emotion words to grammar and idioms that shape feelings differently.

Other notably successful hits from the album included the singles "Emotions in Motion" and "She's a Runner". Some album cuts such as "Keep Me Satisfied" and especially "Learn How to Live" also received strong radio play and

were issued as singles in some countries. Meta-emotions can be short-term or long-term. The latter can be a source of discouragement or even psychological repression, or encouragement of specific emotions, having implications for personality traits, psychodynamics, family and group dynamics, organizational climate, emotional disorders, but also emotional awareness, and emotional intelligence.

Emotions in Motion included the singles "Emotions in Motion" and "She's a Runner". Some album cuts such as "Keep Me Satisfied" and especially "Learn How to Live" also received. Emotions in Motion is the third studio album by American rock musician Billy Squier. It was released on July 23, 1982, and was Squier's second consecutive Top Five disc on the Billboard album chart. It contains the hit song "Everybody Wants You", which peaked at #32 on the Billboard Hot 100, and stayed at #1 on the Mainstream Rock Tracks chart for 6 weeks.

A stable affective meaning derived either from personal experience or from cultural inculcation is called a sentiment, or

fundamental affective meaning, in affect control theory. Affect control theory has inspired assembly of dictionaries of EPA sentiments for thousands of concepts involved in social life – identities, behaviours, settings, personal attributes... 6f8e99e1a4 The cover art was created for Squier by Andy Warhol. It was also the first of three consecutive albums from Squier to feature a guest appearance from one or more members of Queen – lead singer Freddie Mercury and... 6f8e99e1a4 Emotion has been observed and further researched through multiple different approaches including that of behaviourism, comparative... 6f8e99e1a4 Researchers who subscribe to a functional perspective of emotions disagree as to whether to define emotions and their respective functions in terms of evolutionary adaptation or in terms of socially constructed concepts. However, the goal of a functional account of emotions is to describe why humans have specific emotions, rather than to explain what exactly constitutes an emotion. Thus, functionalists generally agree that in order to infer the functions of specific emotions, researchers should examine the causes, or input, and consequences, or output, of those emotions. 6f8e99e1a4 == Affective meaning == 6f8e99e1a4 Besides a denotative meaning, every concept has an

affective meaning, or connotation, that varies along three dimensions: evaluation – goodness versus badness, potency – powerfulness versus powerlessness, and activity – liveliness versus torpidity. Affective meanings can be measured with semantic differentials yielding a three-number profile indicating how the concept is positioned on evaluation, potency, and activity (EPA). Osgood demonstrated that an elementary concept conveyed by a word or idiom has a normative affective meaning within a particular culture. 6f8e99e1a4

Emotions and culture Emotions are both intrapersonal and interpersonal phenomena An emotion is a conscious, intentional response directed toward an object; is dependent on cultural, biological, and psychological factors; and is observer-dependent—emotions exist only in the minds of individuals. g. psychological factors; and is observer-dependent—emotions exist only in the minds of individuals. , facial expressions, body postures, inflections), and are almost always felt physiologically (e. Emotions are both intrapersonal and interpersonal phenomena, are often conveyed behaviorally (e. g. , increased heart rate). People around the world experience emotions, and thus how emotions are experienced, expressed,

perceived, and regulated varies greatly. Enculturation, or the socialization of a developing human mind to a particular culture context, is the platform from which variation in emotion emerges

== Research by Gottman == In discrete emotion theory, all humans are thought to have an innate set of basic emotions that are cross-culturally recognizable. These basic emotions are described as "discrete" because they are believed to be distinguishable by an individual's facial expression and biological processes. Theorists have conducted studies to determine which emotions are basic. A popular example is Paul Ekman and his colleagues' cross-cultural study of 1992, in which they concluded that the six basic emotions are anger, disgust, fear, happiness, sadness, and surprise. Ekman explains that there are particular characteristics attached to each of these emotions, allowing them to be expressed to varying degrees in a non-verbal manner. Each emotion acts as a discrete category rather than an individual emotional state.

== Human == Human Emotions in Motion is one of Billy Squier's most popular albums, certified Gold in September 1982 and Platinum a month later.

Though multi-platinum awards were not certified prior to late 1984, the album received a double platinum award in 1991. Emotions in Motion is also Billy's second best selling album, after the previous year's triple platinum Don't Say No. 6f8e99e1a4

Identity control theory The identities of the individual are rooted in their social structure. The people around. When an individual is acting according to the identity control theory they reflect on the identity they display and how others approve or disapprove of their identity. also becomes filled with positive emotions. Identity Control Theory was created based on traditional symbolic interaction views where people choose their own behaviors and how their behaviors correspond to the meanings of their identity. One of the main aspects ICT deals with is how individuals view their own identities and respond to the reactions to their identities of those around them. Another thing that will increase positive emotions is if the people closest to the individual reassure the individual Identity control theory is a theory in sociology concerned with the development of personal identity. One of the main benefits of this theory is how negative feelings can be prevented by individuals and by those around

them. If the individual does not like the responses of others they will look at how they can change their views of their identity or their identity towards themselves to produce a positive outcome. Created by Peter Burke, it focuses on the nature of peoples' identities and the relationship between their identities and their behavior within the realm of their social structure 6f8e99e1a4

== Emotions as discrete categories ==
6f8e99e1a4

https://lb1-s245-pub.pressidium.com/^z/short/data?PAGE=how__can__i_stop-puking
https://lb1-s245-pub.pressidium.com/=e/short/slug?CHAPTER=clearance_de-la-creatinine
https://lb1-s245-pub.pressidium.com/_q/science/visit?TXT=my-period-blood-is-light_pink_and_watery
[https://lb1-s245-pub.pressidium.com/\\$s/journal/slug?PAGE=pros_and_cons-of-taking_beano](https://lb1-s245-pub.pressidium.com/$s/journal/slug?PAGE=pros_and_cons-of-taking_beano)
https://lb1-s245-pub.pressidium.com/!j/ppt/data?ITUNE=i__would_appreciate_it_greatly
[https://lb1-s245-pub.pressidium.com/\\$v/ppt/list?DOC=symptoms__of__lupus_in_women](https://lb1-s245-pub.pressidium.com/$v/ppt/list?DOC=symptoms__of__lupus_in_women)
https://lb1-s245-pub.pressidium.com/+r/science/niche?PPT=tipos_de-ronchas-en_la-piel
https://lb1-s245-pub.pressidium.com/+u/slide/niche?EPUB=hpv__can__men__be-tested

<https://lb1-s245-pub.pressidium.com/=u/short/niche?PPT=how-to-release-dopamine>
https://lb1-s245-pub.pressidium.com/@y/journal/list?CHAPTER=impact_factor_of-materials-today_proceedings
[https://lb1-s245-pub.pressidium.com/\\$g/ebook/data?BOOK=la_boutique_du-poppers](https://lb1-s245-pub.pressidium.com/$g/ebook/data?BOOK=la_boutique_du-poppers)
https://lb1-s245-pub.pressidium.com/+e/course/niche?PUB=does-prednisone-cause_you-to_gain_weight
[https://lb1-s245-pub.pressidium.com/\\$g/chap/slug?PPT=how_to_stop_computer-from_sleeping](https://lb1-s245-pub.pressidium.com/$g/chap/slug?PPT=how_to_stop_computer-from_sleeping)