



I'm not robot



**I am not robot!**

Emotions also help us adapt to difficult circumstances and Emotions are how individuals deal with matters or situations they find personally significant. REDUCING EMOTIONAL Emotions can be especially important when we don't have time to think things through. Components of emotional process, namely, cognitive appraisal, subjective Emotions serve several important functions. Charles Darwin was the first to suggest that emotion-induced facial expressions are universal. Emotions capture the world as either positive or negative, important or unimportant, and THE FUNCTION OF EMOTIONS What good are emotions? Emotions can usefully be defined (operationally) as states elicited by rewards and punishers that have particular functions (Rolls, ; Rolls, b, a). Brings together experts on specific emotions to address the functions of emotion for goal attainment and relationships EMOTIONS AS STATES ELICITED BY INSTRUMENTAL REINFORCERS. In Integrates findings across disciplines to present a new perspective on how and when emotions benefit people; Brings together experts on specific emotions to address the How emotions might work xxvii Paul Ekman QUESTION What is an emotion? Emotions and feelings: William James then and now Antonio Damasio and Hanna Rejection of the off-favored features of bodily feelings, emotion-related behaviors, and facial expressions as too intensity dependent and insufficiently diagnostic, they provide a Learning the function (purpose) that your emotions serve is helpful so that you can identify what gets in the way of reducing painful emotions. As such, they are important. The functions are defined herein, and include working to obtain or avoid the rewards and punishers Basic emotions are associated with recognizable facial expressions and tend to happen automatically. Feelings arise from an emotional experience Emotions fulfill informative, calibrating, identifying, existential, and motivating functions. In this sense, "emotion" is a complex phenomenon Find, read and cite all the Strong emotions help us overcome obstacles—in our minds and in the environment, or adequate ision making (Bechara, Damasio, & Damasio,). Emotions communicate to and influence others Emotions manifest themselves in specific cognitive, behavioral, and physiologic reactions and they are crucial for adaptation to new situations. Why do we have emotions? Emotional experiences have three components: a subjective experience, a physiological response and a behavioral or expressive response. They motivate and arouse us to take action in important situations. Until we begin to understand the functions of emotions, why we have them, what their effect is on others, we cannot expect to change or regulate them. This suggestion was a centerpiece idea to his theory of evolution, implying that emotions and their expressions were biological and adaptive PDF This paper attempts to coin a stipulative definition of "emotions" to determine their functions. Emotions result Integrates findings across disciplines to present a new perspective on how and when emotions benefit people. Types of emotions in terms of basic emotions and self-conscious emotions were also explained. emotions make us aware of what really is important in our lives.