

EMOTIONS



A Pinku and Dadaji
Series

Emotions is a part of persons character

Pinku: Good Morning Dadaji.

Dadaji: Very good morning Pinku. How are you doing?

Pinku: I am doing good Dadaji. Dadaji today is last working day of James sir who has been teaching in our school for more than 20 years. Yesterday we had his felicitation day. All students and teachers were very emotional yesterday.

Dadaji: When someone has given so many years of his life to the school everyone will be naturally emotional.

Pinku: What exactly you mean by being emotional Pinku?

Dadaji: Well! An emotion is a feeling such as happiness, love, fear, anger, or hatred, which can be caused by the situation that you are in or the people you are with. Emotion is the part of a person's character that consists of their feelings, as opposed to their thoughts.

Pinku: Is being emotional bad Dadaji?

Dadaji: Being emotional is not at all bad as it is a natural process for all. But, emotion going

Emotions are both blessings
and curse

beyond one's control is bad. If you are sad, too much of sadness creates depression, similarly, too much of anger lead to hypertension. What I meant to say is too much of anything is bad and hence, too much of being emotional also has its own side effects.

Pinku: Can you give me an example of controlling emotions Dadaji...

Dadaji: Let's take anger as an example, most of the times, anger is impulse driven and it would not make me weigh the pros and cons of my action. I would operate more from the fight mechanism which could actually harm me even more. However, if I train myself to be able to think clearly and choose the "right time" and the "right way" to express my anger adequately, the possibility of me getting into any sort of trouble is very little or even nil.



Healthy Emotions brings in positive results

Pinku: Hmm... so you are trying to explain me Dadaji that being mindful about the situation triggering my emotion is always necessary. Isn't it Dadaji?

Dadaji: Absolutely Pinku. You understood quite right. If you are mindful, you can tackle any emotional situation. Let me give you another example. If you are feeling sad leading to depression, just allow, yourself to moan for some time for the loss you have experienced and then move on. This behavioral activation will help you to once again become hopeful for good future.

Pinku: That was a wonderful example Dadaji.

Dadaji: I hope that clarifies your question and helps you to understand that not so favorable and adverse situations are always going to be a part of life and make you emotional, so if you want to respond to these situations you need to aim at experiencing healthy emotions which can only come by being mindful.

Pinku: Yes Dadaji understood. Let me then ask you a follow-up question if you are emotional, what does it indicate?

Your thoughts affects your emotions hence, control your thought not emotions

Dadaji: If you are emotional it is a sign of being human. It is a natural phenomenon; no human is human without emotions. Humans are having plenty of virtues and being emotional is the finest of them, it is a proof, that someone has heart and feels pain, pleasure and joy and all other forms and expressions.

Pinku: Undeniably correct Dadaji. How many types are emotions do we carry Dadaji?

Dadaji: Well! Pinku I know 27 which are: admiration, adoration, aesthetic appreciation, amusement, anger, anxiety, awe, awkwardness, boredom, calmness, confusion, contempt, craving, disappointment, disgust, empathic pain, entrancement, envy, excitement, fear, guilt, horror, interest, joy, nostalgia, pride, relief, romance, sadness, satisfaction, sexual desire, surprise, sympathy and triumph.

Pinku: hmm... quite a lot.



Mood is directly proportion to emotions

. Can you tell me Dadaji what is the difference between emotion and feelings?

Dadaji: Emotions are event-driven, while feelings are learned behaviors that are usually in hibernation until triggered by an external event. Unlike happiness for example (a feeling), joy (an emotion) involves little cognitive awareness. While happiness is a state of mind based on circumstances, joy is an internal feeling that disregards circumstances.

Pinku: Well explained Dadaji. Now tell me what is the difference between mood and emotion?

Dadaji: To say frankly there is no huge difference between both. Mood is triggered by the emotions and last longer than emotions. If I were to say mood is side effect of emotion. For e.g. anger as an emotion stays very short however, the effect of that anger is seen in a person for the whole day which we call mood. Similarly joy is a short emotion that stays for a short span while you are experiencing any event. However, the moment of joy stays with you for the whole day meaning you are in a good mood. But moods can be distracted by

You are weak when you are emotionally weak

change in the emotions created by certain events else, mood remains for the whole day.

Pinku: I understood Dadaji. But there are some people whom we generally call moody, what is role of emotions played for someone to be called moody?

Dadaji: Fickle thinking minded persons are generally moody, the state of emotions changes so fast in their brains that their moods are not stable all across time.

Pinku: Hmm... Then what is the difference between emotions and instincts?

Dadaji: Well! Instincts are chemical responses, initiated by neurological signals which are beyond normal responses. I would rather say it is strong defense mechanism of humans to survive. If you see fire, the instinct says, turn off the fire else it will be harmful to you or let's say if fire is beyond control, instinct say! Run away.



Mood is directly proportion to emotions

In this example, there is no emotion involved. If this fire is a controlled fire, let's say a bon-fire, the emotions of joy is triggered. Emotions are driven by an event where as instinct is quick options that your brain provides for self-defense.

Pinku: Hmm... so you mean to say instinct is our own inner voice which has the ability to override what the brain is telling it to do in abnormal situation.

Dadaji: Great! You almost defined instinct.

Pinku: What is emotional intelligence? Do emotions have intelligence Dadaji?

Dadaji: Ha Ha Ha No No No... Not at all! Emotional intelligence refers to the capability of a person to manage and control his or her emotions and possess the ability to control the emotions of others as well. In other words, they can influence the emotions of other people also.

Pinku: How does it help Dadaji?

Dadaji: If you are emotionally intelligent:

- * It does not get temper get out of your control.

Emotions makes us human

- * You avoid behaviors such as yelling, blaming, and being aggressive.
- * You can address situations that could be fraught with emotion
- * You foster safe environment meaning you take calculated risks and often brain storm to resolve tough situation.
- * You become game changer as you are well aware what to communicate at what moment and you exactly now how others will react emotionally.
- * You can easily adapt to changes by adopting to the changed emotions around you.
- * You don't take things personally and are able to forge ahead with plans without worrying about egos.
- * You can collaborate more effectively and identify the specific drivers that motivate others



Emotions increases engagement

- * You are very participative and highly engaged, to be able to adapt quickly to changes.
- * You have the ability to empathize with other people's points of view
- * You have self-awareness to manage yourself in front of others.
- * You are successful in managing others expectations as you are able to gauge their emotional limits.

Pinku: Loads of advantages I see there Dadaji. That was great to learn. My teacher other day was using the word emotional quotient what is that Dadaji?

Dadaji: There is no major difference Pinku. Emotional quotient is more to do with tools that can measure your emotional intelligence.

Pinku: Oh! I see. What does an EQ test usually ask Dadaji?

Dadaji: The EQ test asks a series of questions to find out how you react in various situations. These include:

- * Stressful or frustrating situations

Attachments are directly proportional to your emotions

- * Failures or discouraging situations
- * Leadership positions and methods for achieving success
- * Methods for managing the emotions of others of various ages
- * Methods for assessing various personality traits in others
- * Dealing with diversity and cultural sensitivities

By assessing these behavioral factors, the test generates an EQ (emotional quotient) score.

Pinku: Hmm... I see most of the people score high on EQ but practically they are unable to control their emotions at all.

Dadaji: Well there are such people in the world who understand the situations better during a role play only and when practically or in reality when they face the same situation they get panicked.



Emotions drive behavior

Pinku: But, why Dadaji?

Dadaji: Well these guys think they have high EI however, they usually don't. EI is a skill that gets developed over years of experience. You can't just have it naturally by birth.

Pinku: Hmm... seems logical.

Dadaji: Well! You see continuous self-improvement is the key!

Pinku: Tell me something how to harness the emotions that we carry?

Dadaji: Emotions is a great strength that god has given only to humans. Since they come instantly, it is difficult to harness your own emotions. It comes only through practice, continuously observing self and others behaviors, whether you act or react to a situation, how do you with a mix of your words and combination of emotions influence others thinking or behavior, how do you respond to difficult situations, do you take decisions upfront or you give lots of thoughts before you implement your decisions. There are so many other aspects that I cannot cover completely but one thing is common, if you are able to

You can hide your feelings
and desires but not
emotions

judge and emotionally react as situation demands, you are emotionally intelligent and you could harness all your emotions.

Pinku: But what about those emotions which trigger negativity in me?

Dadaji: Hmm... Don't ever let your emotions derail you, rather use them as an agent or bond which would inform you your next action. And remember there are times when heightened emotions are a normal reaction to something. For example, if you see someone mistreating their pet, it would be normal to feel anger. When someone you love passes away, it is appropriate to feel deep sadness. When you start a new job that is going to challenge you, a little bit of fear is perfectly acceptable. There is no negativity or positivity attached to emotions, they come naturally. It's how you control them and use effectively for self-development and development of others.



Emotions are colorful

Pinku: Is there any Mantra/Chant/Hymn for controlling emotions Dadaji.

Dadaji: Yes there is. This chant is called STOP.

S = Stop /pause for a moment to think what is right?

T = Take a deep breath, and bring yourself into a state where you can refrain from reacting.

O = objectively observe what is happening in the moment and how you are feeling. Give yourself a few moments to pull back your energy so that you can become conscious of your thoughts, words, and actions prior to moving forward.

P = Proceed cautiously and consciously in a way that will unfold potential rather than perpetuate any drama.

Pinku: Wow! I think STOP will help me every time to control my emotions. That was a great chant Dadaji. Tell me more Dadaji.

Dadaji: You should also know Pinku that there is a terminology called emotional Interpretation (EMI). EMI are your way of assigning a meaning to the events and experiences in your life, also known as “meaning makers.” The less

Unexpressed emotions are
immortal hence, express
them time and again

is your EMI score the more is your Emotional Intelligence score. I will tell you why; emotional interpretations usually fall prey to wrong signals and enhance your emotions so much, that you take wrong steps.

Pinku: EMI. Good to learn such new terminologies Dadaji.

Dadaji: Do you know Pinku each of the color represents an emotion.

Pinku: What! Colors represent emotions... interesting tell me more Dadaji.

Dadaji: Oh! Sure Pinku. Red represents passion and aggression, Orange represents Energy, Yellow represents being happy or being friendly, Green represents prosperity, Blue represents serenity or piece of mind, Purple represents romance or luxury, Pink represents feminine or young or innocence,



Emotions and reasoning usually are in conflict

Brown represents, earthy or sturdy or rustic giving a feeling of country side, Black represents powerful and white represents clear and clean or virtuous or healthy.

Pinku: Oh! So how are these color representations of emotions useful?

Dadaji: Well! Web designers and advertisement makers use colors to represent emotions.

Pinku: Ah! I never knew that colors could be used to evoke emotions. Oh! My god... Does that mean that emotions can lead you to take action?

Dadaji: Ok! Challenging question...Let me give an example: There are eight detergents with same texture color and size however packaged in different colors and sold by different brands. Which would you purchase Pinku?

Pinku: The one whose brand name I am aware of right Dadaji.

Dadaji: Right. Now let's assume a lesser known brand through its advertisement creates emotional attraction what will you buy.

Pinku: Obviously the lesser known brand as I

Do not let others control
your emotions, they belong
to you

am now emotionally attached to that brand.

Dadaji: Exactly. Emotions can lead you to take action.

Pinku: Hmm... that makes sense. A leading question: Is there a relation between logic and emotion?

Dadaji: Well! We use logical mind what is even called rational mind to derive the facts based on reasoning. But emotional mind believes only in emotions and is totally controlled by emotions; there is no scope for fact or reasoning for it. If you are emotional thinking dominates, your logical thinking diminishes. Hence, if I were to derive a mathematical equation, logic is inversely proportion to logic.

Pinku: Yep! Got it Dadaji... tell me Dadaji what is emotional maturity? When you say that a person is emotionally mature?

Dadaji: You are emotionally mature when:



Emotions play a major role in decision making

- ⇒ You are able to keep long-term commitments.
- ⇒ You are unshaken by flattery or criticism.
- ⇒ You possess a spirit of humility.
- ⇒ Your decisions are based on character not feelings.
- ⇒ When you express gratitude consistently.
- ⇒ You seek wisdom before acting.

Pinku: Got it Dadaji. Now, can you tell me that can someone play with emotions of others?

Dadaji: Yes people do play with emotions of others. We even call it emotional blackmail. Mostly, people who are insecure for some reason resort to emotional blackmail. They manipulate your decisions by reacting negatively to the choices you make. They often try to intimidate you until you do what they ask you to. This is a clear warning sign of emotional blackmail. You will find them constantly trying to blame or accuse you of doing something they don't approve of. They will never hesitate to make you suffer in public or create drama to get you to cheer them up. These are

Emotions should not overpower your intelligence

some signs to identify people who use emotional blackmail. But we often miss out on these signs as these people can appear to be so charming that you easily submit to their needs.

Pinku: Oh my God! I never knew there are such people.

Dadaji: And remember Pinku, these people are not strangers they are around you're and you know them pretty well. It's just you do not know that they are emotionally blackmailing you. Hence, be observant with behavior of such people who rotate around you without any reason.

Pinku: Hmm... so true Dadaji. I have another question: What is emotional abuse Dadaji?

Dadaji: Emotional abuse is an attempt to control; in just the same way that physical abuse is an attempt to control another person. The only difference is that the emotional abuser does not use physical hitting, kicking, pinching, grabbing,



Unpleasant emotion is emotional distress

pushing, or other physical forms of harm. Rather the perpetrator of emotional abuse uses emotion as his/her weapon of choice.

Pinku: Oh! I understood Dadaji. Another question: What is emotional Guilt Dadaji?

Dadaji: Well! Emotional Guilt is a common feeling of emotional distress that signals us when our actions or inactions have caused or might cause harm to another person emotionally. In the overall scheme of emotions, guilt is in the general category of negative feeling states. It's one of the "sad" emotions, which also include agony, grief, and loneliness. Like other emotions, there is no one explanation for guilt. The guilt resides under the surface veneer of our behavior.

Pinku: Got it Dadaji. I think today you have given so much of knowledge on emotions that I become expert of emotions. Thank for all the gyan (Learning) Dadaji.

Dadaji: Oh Pinku! You are my dearest I just explained to you what I know; not more not less. And thank you also, to hearing me patiently. Good Pinku.

We humans are full of unpredictable emotions

The value of emotion comes from sharing them, not just having them

Thanks You

