

# EMOTION

# FEELING

## EMOTIONS

Emotions happen before feelings. They are universal and are the body and mind's reaction to an event. This means that if people all over the world were to experience the same situation, the emotional response would largely be the same for everyone. We have no control over our emotions because they are an automatic reaction to an event. They are very intense and overwhelming, and can be extremely irrational, but fortunately emotions are only temporary.

For example, the emotion of fear is something everyone feels, to some degree, when faced with an unknown event that's daunting. A child may be fearful when they start a new school; their heart rate would increase and they may want to run back home instead of going into class.



## THE BRAIN BIT – LET'S GET TECHNICAL



Emotions are formed in the Amygdala, which is the part of the brain that's in charge of emotional processing and quick, 'instinctual' reaction. It's always on high alert so it can keep you safe and quickly warn you of dangers. For example, you see a t-rex on the back of a truck that's driving down the road. Your Amygdala's split second reaction is to be terrified and your body goes into fight, flight or freeze mode to protect you from being eaten by a giant dinosaur.

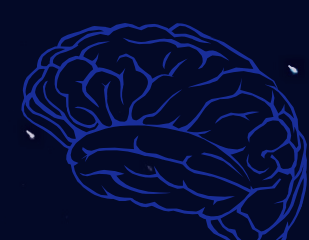
Completely irrational right? Seconds later, you start to calm down because another part of your brain, the Neocortex, reassures the Amygdala with its rational thought that dinosaurs are extinct, so the t-rex you can see is a model and definitely won't eat you.

## GETTING BACK CONTROL – FEELING LIKE YOURSELF AGAIN

As helpful as the Neocortex is, it's calm and quiet, so when a very emotional event happens, the rational thought that's needed to reassure your freaking out Amygdala can be noticed a little too late, or missed all together. This is when our irrational thoughts get super loud and we start to act irrationally, causing a vicious cycle of negative emotions and bad feelings, that have long term affects on our lives and our reactions to people. An example of this is paranoia. How do we break the cycle? We take a second to name the emotion that's landed in our body and give our freaking out Amygdala a conscious, rational thought to process.



## EXAMPLE



**EVENT:** A car almost hits you **EMOTION:** Rage **THOUGHT:** That wasn't on purpose, the driver just didn't see me **FEELING:** Annoyed but glad to be OK