

## Emotions & Feelings

All people experience different emotions at different times, however when asked to describe the emotion, ( not the feeling ), very few of them can categorically say “ I am experiencing X emotion”, The exceptions to this will be when feeling fear or anger.

A persons inability to identify specific emotions may have an effect on the person.: It may result in a lack of self-awareness, ( who I am ), this may curtail the full development of self-consciousness.

It may cause problems in our emotional communication with others.

The analysis of emotions has been ineffectual up till now since they are very difficult to identify, except for a few such as fear and anger. The understanding of emotion is complex, and the key which unlocks its meaning is the study of **psycho-dynamic psychology**.

*The principles of psychodynamics were first introduced in the 1874 publication Lectures on Physiology by German scientist **Ernst Wilhelm von Brücke**. During the same year, Brücke was the supervisor to a first-year medical student **Sigmund Freud** at the University of Vienna. Freud later adopted this to aid in his own ideas on the human psyche. Later, both the concept and application of psychodynamics was further developed by the likes of Carl Jung, Alfred Adler, Otto Rank, and Melanie Klein.*

*Most psychodynamic approaches are centered around the concept that some maladaptive functioning is in play, and that this maladaptation is, at least in part, unconscious. The presumed maladaptation develops early in life and eventually causes difficulties in day to day life. Psychodynamic therapies focus on revealing and resolving these unconscious conflicts that are driving their symptoms. Major techniques used by psychodynamic therapists include free association, recognizing resistance and transference, working through painful memories and difficult issues, and building a strong therapeutic alliance.*

Emotions are created by circumstances and thoughts, that is, we do not have the emotion until a set of circumstances create thoughts which in turn create a reaction, e.g, anger, until a set of circumstances make us think what is happening we would not react angrily we would simply be in a neutral emotional state. The same goes for any other emotion. Until circumstances cause us to think otherwise, we would remain in the emotionally neutral state. Different circumstances create different thoughts which create a specific emotion which dictates our reaction, which is then stored and recalled at any time the same or similar circumstances arise.

We do not have the emotion fear until we have been put in a circumstance where pain or fright is caused and our thoughts tell us that we should stay away from these circumstances, e.g. Lay a spider on the hand of a one month old baby and the baby will look at it with wonder, however stick a pin in a one month old baby's finger and the next time you go near the baby with a pin they will pull away.

So the peculiarity of any particular emotion is that, whilst it is just an emotion, it is nevertheless closely linked to circumstances and thoughts created by the circumstance and mental attitudes and ideas that have become characteristic of that emotion.

A person is always feeling a specific emotion at any specific time, as the present emotion fades away so another emotion will take its place and so on. No single emotional response can be permanent. When any emotion, such as fear, is experienced by the person, they can only stay fearful for the time the circumstance prevails; eventually once the circumstance has gone the fear will fade away and a fresh emotion will take its place.

Some people concentrate and focus solely on feeling responses, an abundance of good feelings, and emotional satisfaction, become the criteria for a successful life. However, emotions present problems for the ego. When emotions become very intense they blank out intellectual concerns. In fact, common negatively-valued emotions such as self-pity, fear, anxiety, as well as moods like depression, actually inhibit rationality, e.g intense exam anxiety appears to produce a mental fog in one's mind, making it impossible to study therefore leading to more anxiety..

### **Feelings**

One area of confusion is that feelings are often loosely equated with emotions. This is all right for colloquial use. I can ask a friend how he is feeling today; it would be awkward to ask him how emotional he is being today. Some people might take offence if they were thought to be emotional, whereas it is acceptable for them to show feelings. However, there are fundamental differences between feelings and emotions.

There are three types of feelings:

The pleasant one,

The unpleasant one

The neutral one.

This is actually a Buddhist understanding, although some believe that the neutral feeling is only an equal mixture of both pleasant and unpleasant feelings, so that the net effect is zero.

Feelings are primarily either pleasant or unpleasant; rarely are they neutral. Hence there are two possible responses to any stimulus, which in turn leads to two possible emotional responses

For example, feeling plus the idea, (concept), of 'domination' gives rise to the emotions of anger and fear:

Anger may arise because the 'pleasant feeling' makes the domination of others acceptable to me, whereas the 'unpleasant feeling' when I become subject to domination by other makes fear arise

Another example, feeling plus the concept 'identity' gives rise to the emotions of love and hate. The 'pleasant feeling' makes a social identity acceptable to me, since I am the same as everyone else: identity produces love. The 'unpleasant feeling' makes me reject a social identity – I prefer to be different and have an individual identity: difference produces hate.

The thought that is associated with an emotion actually creates the boundaries of that emotion. If the thought changes, the emotion does not change; instead, it fades away and a different emotion arises, one that fits the current thought. The thinking behind our emotions is not normally a part of our awareness, we do not consciously think 'I am feeling a specific emotion' until the circumstance creates the thought and we react. We may at that point realise the emotion we are feeling, however it is more often the case that we realise the emotion after we have reacted to the circumstance.

Emotions are not unique to any particular individual, so the thoughts that cause them come from the unconscious mind, they are not created in the conscious mind to suit the individual, so it follows that the ( Thought ) that underlies the emotion is general to everyone. Since the thoughts are unconscious they are extremely difficult to identify. What governs a person, at a particular moment, in their selection of either anger or fear as their response to something is not a random one. The choice revolves around the dominating influence of value.

We put a value on emotional experience. By either liking or disliking things, relationships or situations, we put a value on them. At any particular moment we may either like or dislike something. For example, we may like that something leads us to choose between anger, love or vanity as our response. Anger allows us to dominate the situation; love enables us to harmonise with other people; vanity lets us feel important. The way that we dislike it may focus on fear, hate or self-pity.

So at any particular time we are focusing on a thought, with a relevant emotion being experienced. The value that we place on the situation at that moment determines which emotion will be felt. For example, if we are feeling discontented, we will not place positive value on this experience; then when we have to respond we are more likely to choose some form of hostile or fearful response.

## **Values**

An unconscious idea has two values: it is good or it is bad. The good value generates the pleasant feeling, the bad value the unpleasant feeling. This division leads to two choices. One choice gives rise to one emotion, the other choice to its opposite emotion.

In general, the definition of an emotion is that it is an unconscious idea powered by either a pleasant or an unpleasant feeling.

### **Influence of Value**

No feeling is permanent. There is a constant flow between positive and negative feelings. Emotions are constantly changing, in part because feelings change, and in part due to the constant stream of ideas that flow in and out of the unconscious mind.

Emotions can be grouped into complementary pairs, some may see them as opposite sides of the same coin. Emotions which are complimentary to each other :

fear - anger

love - hate

jealousy - narcissism

pride - guilt

vanity - self-pity

resentment - bitterness

Some emotions have an additional complexity: they are compound and consist of two simpler emotions. For example, guilt comprises the two simpler emotions of self-pity and self-hate. So guilt is experienced as guilt (in the mode of self-pity) or as guilt (in the mode of self-hate).

Guilt = self-pity + self-hate.

Pride = vanity + hatred of other people.

Narcissism = love + vanity.

Jealousy = love + self-pity.

Resentment = guilt + idealism.

Bitterness = pride + idealism

Repentance = regret + guilt (mode of self-pity).

Sadness = regret + jealousy (mode of self-pity).

Paranoia = fear + pride (mode of vanity).

Anxiety = fear + vanity.

The reason behind emotions

Guilt is self-punishment  
self-pity mode implies 'life is punishment'.  
self-hate mode implies 'I deserve punishment'.

Pride is punishment / humiliation of other people.  
vanity mode implies you are inferior to me.  
hate mode implies I despise you / I will punish you.

The reasons for jealousy and narcissism is 'responsibility'  
Jealousy is social responsibility.  
Self-pity mode implies I need a reward (from other people  
Love mode implies I reward other people.  
Narcissism is self-responsibility.  
Self-pity implies I need help.  
Vanity implies I do not need any help.

The reasons for anger and fear is domination  
Anger implies I need to dominate other people  
Fear implies the world is dominating me.

The reasons for love and hate is identity  
Love implies I am the same as everyone else.  
Hate implies I am different from everyone else.

The reasons for envy and greed is the need to acquire importance  
Envy implies I become important if I can get what you have.  
Greed implies I become important if I possess things.

The reasons for resentment and bitterness is disgust  
Resentment implies people are repulsive.  
Bitterness implies life is repulsive.

The reasons for paranoia is the betrayal of trust  
Paranoia implies I trust no one.

The reasons for anxiety is the sense of oppression by one's conscience or by other people

Fear mode implies do as you are told / control yourself.  
Vanity mode implies I am uneasy in the presence of other people.

In general emotions can be grouped into complementary pairs. We can let our emotions be positive or negative according to whether the feeling is positive or negative. Otherwise, by placing value on our experiences, we can generate positive or negative emotions as we choose. However, the generation of a positive emotion is often difficult if the feeling that is current is the negative one, and vice versa.

The unconscious idea enables all emotions to be arranged in pairs of complementary opposites. The one exception is that the neutral feeling is unique, it does not have a complimentary.

The difference between the flow of ideas at the conscious and subconscious levels is mainly related to the issue of change. The conscious flow is easy to change, especially when we are in social company, but the subconscious flow seems to have a life of its own and is highly resistant to conscious attempts to change it. In social company we can give preference to our conscious ideas, and hence control our conscious emotional response. But on our own, without the social influences, the subconscious mind usually exerts priority in emotional response.