

Emotions

1. Emotions are subjective feelings, in response to one's perception of events & their context.
2. Recognize the different kinds of emotions allow better self- understanding and more accurate expression of our feelings.

| Joy | Anger | Distress | Fear |
|-----------------|----------------|-----------------|------------------|
| happy, delight | annoyed | disappointed | afraid, panic |
| pleased | furious | upset, gloomy | frightened |
| satisfied | resentful | depressed | worried, anxious |
| Love | Disgust | Surprise | Shame |
| affection, care | dislike | shocked | embarrassed |
| trust | hate | stunned | disgrace |
| accept | resist | amazed | ashamed |

3. We can improve interpersonal relationship by identifying others' emotions through their facial expressions, physiological responses and behaviours.
4. Positive emotions (such as joy, love) bring motivations in our daily life, e.g. we will have the drive to do better when we get praise and recognition; negative emotions (such as anger, distress, fear) will exhaust our strength, e.g. prolonged distress makes us feel very tired inside out.
5. Our emotions may be affected by various events or people, e.g. we feel nervous before contest, we get worried when our relatives got sick, we feel angry for being cheated, etc. These are normal human response. There are no right or wrong emotions, but only right or wrong ways in expressing emotions.
6. Principles of appropriate expression of emotions:
 - i. **Be Genuine:** identify our emotions and allow to express it naturally (e.g. cry when feeling sad, laugh when feeling happy)
 - ii. **3 Don'ts and 3 Respect:** Don't harm others (physically/verbally); Don't harm oneself; Don't damage (environment/objects/rules & laws). Respect others, oneself and rules.
7. We may hold different **Beliefs** for the same **Activating Event**. Different beliefs will lead to different emotional **Consequences**. That means our emotions can be influenced by altering our beliefs about the events.

8. Always review the accuracy of our beliefs. Helpful belief (positive thinking) is rational, logical thinking that helps us feel better. Unhelpful belief (negative thinking) such as “Over-generalization”, “Should statements”, “All-or-nothing” thinking etc. may bring us negative emotions. We can alter our negative emotions, take control of our happiness by getting rid of unhelpful beliefs.
9. When negative emotions persistently affect our daily functioning, we have to deal with it by various means, including seek help from professionals.