

Facets of Human Emotions

Naresh Kumar^{1*}

ABSTRACT

Human emotions are part and parcel of human life. Since the mind is never without thoughts, humans are never without emotions because emotions are embedded in thoughts. When I started researching this topic, I was overwhelmed by its vastness. In this paper, I have restricted myself to understanding the meaning and defining human emotions and explored different kinds of emotion; examined the impact of emotions on our body; peeped into brain activities during emotions. I have also dwelt on the historical background of emotions and their significance on our work life and touched briefly on the enormous topic of emotional intelligence and have included a comparison of IQ (Intelligence Quotient) with EQ (emotional intelligence quotient).

Keywords: *Human Emotions, Emotional Intelligence, Thoughts, Brain, And Emotions*

Rightly said by Elizabeth Gilbert, “Your emotions are the slaves to your thoughts, and you are the slave to your emotions.”

I always thought that emotions are mainly caused by colorful thoughts and thoughts are always with us, be it thinking about a loved one or grieving over a departed relative or thinking about a foolish mistake and the resulting guilt or thinking about a moment when a great feat was achieved—all these trigger emotions -pleasant and unpleasant. The pleasantness/unpleasantness makes the thoughts colorful which trigger emotions.

I read somewhere (see ref 1) that in almost all cases, it is our thoughts that create our emotions. Sometimes our unconscious mind and senses are picking up cues from our environment that trigger emotions, such as reading a person’s body language or facial expression and having an automatic emotional response or sensing danger and having an automatic fear response. However, the rest of the time it is not the outside world or the situation that causes our emotional reaction. It is the mental filter that the situation passes through—aka, our interpretation—that then causes our emotional reaction to the situation.

Situation -> Interpretation (thought) -> Emotion

In psychology, this process is addressed in Cognitive Behavioral Therapy (CBT). The key to understanding here is that CBT provides evidence that we have control over our thoughts. And if we have control over our thoughts, we can control our emotions. It may be

¹Independent Researcher, Vadodara, India

*Corresponding Author

Received: July 14, 2021; Revision Received: August 06, 2021; Accepted: August 23, 2021

Facets of Human Emotions

challenging to do this, but it is a skill that can be learned. Here's the process:
Recognize Emotion -> Identify Thought -> Change Thought -> Change Emotion

It is indeed thoughts that trigger emotions, how else, I felt so much pain on losing my sister due to Corona in recent pandemic times. The very thought of permanent separation plunged me into the non-physical pain of bereavement – the grief emotion. Finishing my paper on “Human Pain-Physical and Non-physical”, brought forth a realization that non-physical pains are nothing but unpleasant emotions triggered by external saddening events or the memories of gloomy past events, (Naresh Kumar, 2021).

When I started thinking about human emotions, I realized that it is a very vast topic. Even the meaning and definition of Emotions are vastly varied as we shall soon see in the coming paragraphs.

We shall, in this paper, examine various facets of Human Emotions, starting with the meaning and definitions of Emotions, how and where they originate, various types of emotions the humans have, the historical background of human emotions and their impact on our body, the brain function during emotions, significance of emotions in our working life, emotional intelligence and the purposes served by emotions. The list could be still stretched to even write a whole book; we restrict to the above aspects to restrict ourselves to the expanse of a research paper.

Let us start with understanding the meaning of human emotions:

Definition and Meaning of Human Emotions

As stated above the emotions are defined in several ways. Let us have a look-
The dictionary meaning of Human Emotion is-

- An affective state of consciousness in which joy, sorrow, fear, hate, or the like, is experienced, as distinguished from cognitive and volitional states of consciousness.
- Any of the feelings of joy, sorrow, fear, hate, love, etc.
- Any strong agitation of the feelings actuated by experiencing love, hate, fear, etc., and usually accompanied by certain physiological changes, as increased heartbeat or respiration, and often overt manifestation, as crying or shaking. (Ref 3)

Merriam-Webster dictionary describes emotion in the following manner:

1a: A conscious mental reaction (such as anger or fear) subjectively experienced as a strong feeling usually directed toward a specific object and typically accompanied by physiological and behavioral changes in the body

1b: A state of feeling

1c: The affective aspect of consciousness: feeling

2a: Excitement (ref 4)

Emotions can also be defined as psychological states that comprise thoughts and feelings, physiological changes, expressive behaviors, and inclinations to act.

Another way of defining Emotions could be – Emotion is a neural impulse that moves an organism to action, prompting automatic reactive behavior that has been adapted through evolution as a survival mechanism to meet a survival need.

Facets of Human Emotions

We can also define emotion as a feeling that is expressed through physiological functions such as facial expressions, faster heartbeat, and behaviors such as aggression, crying, or covering the face with hands.

Another short definition could be -Emotions are subjective experiences that involve physiological arousal and cognitive appraisal.

Summarizing we can define Emotions as conscious psychological mental feelings arising from colorful thoughts accompanied by physiological changes in the body, as increased heartbeat or respiration, and often overt manifestation of expressions exhibiting crying/ smiling/ joyous exhilaration/ shock/ surprise/ grief/ guilt...and result in behavioral expressions correlating the particular feeling.

Thinkers on the subject have given several meanings to Emotions, some of them are given below:

Meaning of Human Emotions

Emotions are subjective experiences that involve physiological arousal and cognitive appraisal. Our emotional states are combinations of physiological arousal, psychological appraisal and cognitive processes, subjective experiences, and expressive behavior. Our psychological appraisal of a situation is informed by our experiences, background, and culture; different people may have different emotional experiences out of similar situations. The field of psychology examines emotions from a scientific perspective by looking at their mental, physiological, and behavioral components. While, emotion indicates a subjective, affective state that occurs in response to something we experience. The experience of emotion follows a complex biological process that includes the limbic system, the autonomic nervous system, and the reticular activating system. (Boundless Psychology-Ref5)

Furthermore, the precise combination of thoughts and feelings varies from emotion to emotion, and emotions may or may not be accompanied by overt behaviors. This complex of states and behaviors is triggered by an event that is either experienced or recalled. Someone insults you: depending on the nature of the insult and your perception of the extent to which it was or was not intended to hurt you, you might feel angry or annoyed. If you feel angry, your face may redden, your heart may beat faster, your fists clench, and thoughts of retribution occur to you. In some cases, you might take action against the person who was insulting. Days later, recalling the insult may re-voke at least some features of the original emotional reaction. Similarly, clear-cut cases of emotion could be given for fear, joy, love, disgust, and sadness, among many others. However, some emotions are less clear-cut, in that they do not always involve changes in physiological or motivational states and do not always result in behavioral change. Take the example of regret. Having made a decision or taken a course of action that turns out badly, one may well feel strong regret, but this subjective experience will typically not be accompanied by changes in physiology or behavior. (Ref 6)

Another facet of emotions is brought forth in the following paragraph:

“The things we ordinarily call 'emotions' differ from one another along several dimensions. For example, some emotions are occurrences (e.g., panic), and others are dispositions (e.g., hostility); some are short-lived (e.g., anger) and others are long-lived (e.g., grief); some involve primitive cognitive processing (e.g., fear of a suddenly looming object), and others

Facets of Human Emotions

involve sophisticated cognitive processing (e.g., fear of losing a chess match); some are conscious (e.g., disgust about an insect in the mouth) and others are unconscious (e.g., unconscious fear of failing in life); some have prototypical facial expressions (e.g., surprise) and others lack them (e.g., regret). Some involve strong motivations to act (e.g., rage) and others do not (e.g., sadness). And so on..." (Ref 7)

Cowen Alan (2018) gives the following meaning to Emotions:

"The concept of emotion may seem simple, but scientists often have trouble agreeing on what it really means. Most scientists believe that emotions involve things other than just feelings. They involve bodily reactions, like when your heart races because you feel excited. They also involve expressive movements, including facial expressions and sounds—for example, when you say "Woah" because you are fascinated by something. And emotions involve behaviors, like yelling at someone when you are angry.

Although there are many different parts of emotion, feelings are usually considered the most important part. The majority of scientists who study emotion measure it by asking people what they are feeling. Of course, we cannot know whether a person is telling the truth about what he or she is feeling. It is also worth noting that terms like "angry" and "amused" might mean different things to different people. Despite these limitations, however, self-reported experience, meaning what a person says about what he or she is feeling, is the most direct way to measure emotional feelings."

As I mentioned at the start of the paper that when personally I think about what emotions mean, the only thought which comes to my mind that emotions are only 'colorful thoughts'. The triggering of colorful thought may arise out of a pleasant/unpleasant incident etched in our memory. The thoughts have to be colorful; the color may correspond to the type of emotion one is having. Each emotion may be correlated to some color and that colored thought manifests that emotion. Naturally, emotions do not spring up from anything, the colorful thoughts have emotions embedded in them.

On thoughts and emotions, Chapman L Alexander (2015) has the following views: "Thoughts and emotions have a complex relationship. Conventional wisdom suggests that you don't really have an emotional reaction unless some thought has crossed your mind. The problem with this view is that some events automatically trigger emotional responses without the need to think. If a bear came charging through your front door, you probably wouldn't have to think to feel afraid. If someone suddenly slaps you in the face, you will probably feel an automatic shock response without having to think about what happened. Of course, you'd have to notice the bear or the slap to feel an emotion. If you were in a coma, you probably wouldn't react. But, simply noticing something is different from thinking about it. There are many events in life that can trigger emotional responses like this. That said, even if an event directly triggers an emotional reaction, any thoughts you have afterward can alter your emotional response. If you thought that you were going to die when the bear came rushing through your door, your fear would probably increase, whereas if you thought this was a good opportunity to practice your bear survival strategies, you might feel a little less afraid. On the other hand, sometimes your thoughts are the primary fuel for your emotions. If someone you know doesn't say hello to you as you walk down the hallway, and you think this means the person doesn't like you, you might feel hurt. If you knew, however, that the person's spouse had just passed away, you might have a very different reaction.

Facets of Human Emotions

Just as thoughts can influence emotions, emotions can also influence thoughts. Have you ever been in an irritable mood and noticed that many of the thoughts going through your mind were negative or had to do with inconveniences or annoyances? In this case, your mood or emotions were probably leading you to have certain types of thoughts. Indeed, researchers studying depression have found that negative thinking patterns tend to be largely mood-dependent. What this means is that, when someone is not depressed, she or he is not having the same types of negative thoughts as to when depression is on the scene. In this case, the negative mood seems to bring on negative thinking. And, of course, once the negative thinking gets going, the negative mood gets even worse.”

Chapman while has an agreement with me that thoughts create emotions but he also says that it is not always true -sometimes there is no time to think and emotions manifest. He has cited examples of such incidents where the emotions erupted on spur of the moment without giving time to think. I tend to contest this point; thinking is instantaneous and continuous-our mind is never empty it is continuously thinking and in cases where the author says that there was no time to think, I feel the thinking happened at lightning speed and we got what we call reflexive thoughts which in a way are automatic and manifest as a reflex action. Hence, I still maintain that emotions are colorful thoughts. Colorful thoughts were reflexive in the above situations.

Extending discussion about thoughts and emotions to behavior, we can say that the thoughts are ideas, attitudes, or perceptions about things and the Feelings are emotions such as happy, sad, mad, frustrated, surprised, anxious, etc. They can be experienced in varying degrees of intensity and usually have a physical sensation attached. For instance, people will describe anxiety as having butterflies in their stomachs. If someone is angry, they may feel tightness in their chest. Emotions are something we all experience and it is important that they be expressed. Emotions are needed because they serve a purpose.

Behaviors are simply the actions we take consequent to emotions. We choose how we are going to behave. Behavior can be classified as right or wrong, healthy or unhealthy, appropriate or inappropriate. Our thoughts create our emotions and our emotions drive our behavior.

The above paragraphs made us aware of the definition and meaning of Human Emotions; we also saw that the origin of emotions lies in our colorful thoughts which trigger emotions that are both happy as well as unpleasant.

The meaning of emotions will be incomplete unless we dwell on types of human emotions; we take these up now in the following paragraphs:

TYPES OF EMOTIONS

We all experience emotions -be it the piercing pain of grief or the exhilarating joy of being accepted by your fiancée as future husband or sense of guilt for having done a grave mistake or feeling of joy on succeeding in getting your favorite job or a sad emotion of parting with family when going to join a job in a different country and so on...

There are varied emotions, some are pleasant and some unpleasant. Broadly we can categorize all emotions in the above two categories—Pleasant and Unpleasant but have you ever given a thought about how many kinds of emotions we have? If we start counting, we can make a very long list of emotions that humans have. Let us look at them:

Facets of Human Emotions

Cowen Alan (2018) an emotion scientist at the University of California, Berkeley (USA) dwells on this topic as follows:

Throughout life, our feelings influence the choices that we make. We watch TV shows that make us laugh or cry. We avoid people that scare us. We eat until we feel satisfied. Even though these emotional feelings determine how we behave, psychologists have not figured out how many different kinds of emotions we feel. One theory is that we feel five or six different kinds of emotion, like anger and amusement, and that each emotion is completely different from all of the others. Another theory is that we feel two opposite emotions, like pleasure or displeasure and excitement or calmness, that are mixed together to form all of our emotional feelings. To study the number of different kinds of emotional feelings that people experience in response to different situations, we collected over 300,000 self-reported emotional responses to 2,185 emotional videos. We then used mathematical techniques to see how many different emotions were captured in people's responses. Our findings told us that there are at least 25 different kinds of emotion and that many of them can be mixed together. To show what these different emotions are and how they can be blended together, we created an online interactive map. This map reveals that the emotions people report experiencing are more complex than scientists had thought. He depicts the 25 types of emotions, some of them are appearing in bold blocks while others are to be searched inside the picture but some amount of effort is needed- see the figure given below:

Figure 1 - The structure of reported emotional experience: smooth gradients connect 25 distinct categories of emotion.



Facets of Human Emotions

The author has done commendable work by researching the kinds of emotions in a structured and systematic scientific way. Not only he has arrived at 25 kinds of emotions and suggested the interconnections but he claims that his research will help people who study emotional disorders and the way the brain represents emotion, and may also help to design phones and computers that react appropriately to the emotions we express.

I reproduce the list of emotions laid out through his research and then let us think whether we can add further to the list:

- Admiration,
- Adoration,
- Aesthetic Appreciation,
- Anger,
- Amusement,
- Satisfaction,
- Anxiety,
- Awe,
- Awkwardness,
- Calmness,
- Confusion,
- Craving,
- Disgust,
- Pain,
- Excitement,
- Entrancement,
- Fear,
- Horror,
- Interest,
- Joy,
- Nostalgia,
- Surprise,
- Boredom
- Relief,
- Sadness.

I tried adding to the list but I could not recall an emotion not covered in the list.

Exploring further I could hit upon a different list provided by Radhakrishnan Rohini (2020) in a paper in Medicine Net. This list has 27 emotions. I have colored the emotions which are common to the above list to weed out additional emotions which could be added to the above list

1. Admiration
2. Adoration
3. Aesthetic appreciation
4. Amusement
5. Anxiety
6. Awe
7. Awkwardness
8. Boredom
9. Calmness

Facets of Human Emotions

10. Confusion
11. Craving
12. Disgust
13. Empathetic pain
14. Entrancement
15. Envy
16. Excitement
17. Fear
18. Horror
19. Interest
20. Joy
21. Nostalgia
22. Romance
23. Sadness
24. Satisfaction
25. Sexual desire
26. Sympathy
27. Triumph

Three emotions from the above list are not covered here, namely surprise, anger, and relief. Whereas the above list has five additional emotional traits not covered in the above list, namely-triumph, sympathy, sexual desire, romance, envy. If we combine the two lists, we get 30 different human emotions. We shall analyze these 30 emotional aspects to examine whether these are distinct or some of them mean the same emotion and then we shall club these and come out with a list giving distinct human emotions.

The 30 emotions that we arrived at are explained below:

1. **Admiration:** this emotion reflects our respect for some extraordinary virtue in another person.
2. **Adoration:** this emotion arises out of several admirations in the same person. These two can be clubbed together because adoration is the extreme admiration.
3. **Aesthetic appreciation:** This is an admiration of beauty and hence can be clubbed with Admiration.
4. **Amusement:** Emotion arising out of the perception of something as funny.
5. **Anxiety:** This is an emotion of worry, nervousness, and uneasiness about something with an uncertain outcome.
6. **Awe:** This is an emotion of reverential respect mixed with fear or wonder. This again is a form of Admiration and can be clubbed with the emotion of Admiration.
7. **Awkwardness:** It is the emotion associated with physical clumsiness, inelegance, or lack of grace.
8. **Boredom:** It is the emotion of being weary and restless through lack of interest.
9. **Calmness:** It is an emotion associated with freedom from agitation, excitement, or disturbance.
10. **Confusion:** It is an emotion associated with uncertainty about what is happening, intended, or required.
11. **Craving:** This is an emotion associated with an intense, urgent, or abnormal desire for something
12. **Disgust:** An emotion of strong disapproval aroused by something unpleasant or offensive.

Facets of Human Emotions

13. **Empathetic pain:** An emotion involving recognizing and understanding another person's pain.
14. **Entrancement:** Emotion associated with wonder and delight.
15. **Envy:** Emotion associated with discontent or covetousness about another's advantages, possessions, or success.
16. **Excitement:** An emotion of great enthusiasm and eagerness.
17. **Fear:** An unpleasant emotion caused by the threat of danger, pain, or harm.
18. **Horror:** An intense emotion of fear, shock, or disgust.
19. **Interest:** An emotion associated with curiosity or concern about or attention to something.
20. **Joy:** Emotion of great pleasure and happiness.
21. **Nostalgia:** An emotion associated with a sentimental longing or wistful affection for a period in the past.
22. **Romance:** Emotion associated with love between people.
23. **Sadness:** Emotion associated with feelings of disadvantage, loss, despair, grief, helplessness, disappointment, or sorrow.
24. **Satisfaction:** Emotion associated with fulfillment of one's wishes, expectations, or needs.
25. **Sexual desire:** It is an emotion associated with a desire for sexual intimacy.
26. **Sympathy:** Emotion associated with feelings of pity and sorrow for someone else's misfortune.
27. **Triumph:** Emotion associated with a great victory, success, or achievement.
28. **Surprise:** Emotion caused by some unexpected happening.
29. **Anger:** Emotion associated with a strong feeling of annoyance, hostility or displeasure.
30. **Relief:** Emotion associated with a feeling of reassurance and relaxation following the release of anxiety or distress.

Looking at above, we can club 'adoration', 'aesthetic appreciation, and 'awe' into one emotion that is 'Admiration' and we shall have 27 distinct emotions which we all experience at different times. These distinct emotions govern our behavior and our personalities differ based on the presence/absence or intensities of above 27 distinct emotions in us.

Having known meaning, definition, and types of human emotions, let us move on to the background and history of the term emotion:

Emotions History and Background

Modern emotion theory is usually traced back to the writings of Charles Darwin or William James. Writing in the second half of the 19th century, these authors focused on issues that are still the subject of research and debate nearly 150 years later. Darwin's focus was on the relation between subjective emotion and overt behavior. The principle of serviceable associated habits is the one most commonly linked to Darwinian explanations for expressive behavior. Here the argument is that movements of the face that originally served a purpose during emotional experiences have become automatic accompaniments of those emotions. Thus, the frowning that often accompanies anger might help to protect the eye socket by drawing the brows forward and together, or the eye-widening that often accompanies surprise might help to take in more visual information when sudden, novel events occur. Surprisingly, given the general theory of evolution for which Darwin is better known, his writings on emotional expression did not treat this expression as the outcome of a process of natural selection. Rather, he saw the emotion-expression link as a learned habit that then gets passed on to one's progeny. However, modern evolutionary theory can readily be applied to

Facets of Human Emotions

this issue, resulting in the view that it was the adaptive significance for the individual or the group that led to emotions being outwardly expressed. The notion that there is a close relationship between emotional experience and bodily expression is certainly one that is echoed in modern emotion theory.

James focused on the fundamental question of the determinants of emotion. James advocated what has come to be called a peripheral theory of emotion, in which he argued that the perception of an arousing stimulus causes changes in peripheral organs, such as the viscera (heart, lungs, stomach, etc.) and the voluntary muscles, and that emotion is quite simply the perception of these bodily changes. To use James's own example, it is not that people tremble and run because they are afraid; rather, they are afraid because they tremble and run. This raises the question of how bodily changes come about. Here James argued for a direct link between perception and bodily change, using the analogy of a lock and a key. The fit between the perception of emotion-arousing stimuli and the human mind is, in James's view, such that the stimuli automatically unlock physiological changes in the body, and it is the perception of these changes that is the emotion. The idea that there is a close link between perception and emotion, relatively unmediated by conscious cognition, is still found in modern emotion theory, as is the notion that changes in the peripheral activity of the body result in changes in emotion.

A major plank in the theoretical analysis of emotion in psychology came with the rise of cognitivism (i.e., close study of mental processes) in the 1960s. The first proponent of a view that came to be known as appraisal theory was Magda Arnold. She argued that what makes people experience emotion is not bodily change, but rather the cognitive process that makes one kind of stimulus emotionally arousing while another kind of stimulus leaves people cold. The difference, she argued, is that the emotionally arousing stimulus is personally meaningful and matters to people. Unless the stimulus matters to people, they will not become emotional. Clearly, what matters to one person may leave another person cold. This emphasis on subjective meaning in appraisal theory led researchers to shift their attention from the objective properties of emotional stimuli to the subjective processes (appraisal processes) by which perceivers attach significance and meaning to stimuli. Modern emotion theory is very much concerned with this process of meaning-making. (ref no 6)

The theory of emotions has moved on from Darwin's theory to the Peripheral theory of James and finally to the modern emotion theory. Emotions indeed govern our behavior and it is also true that emotions do affect our body.

We shall in the coming paragraphs examine the impact of emotions on our body and the activities that go on in our brains during emotions.

Impact of emotions on our bodies

The different emotions impact different parts of our bodies. Dyer Lauren (2019) brings out the impact of some emotions on our body- Each emotion is associated with an internal organ—and when one emotion is too intense, it impacts that organ's ability to function properly. This is because each emotion impacts the circulation and direction of energy (Qi) in the body in distinct, but predictable ways. Traditional Chinese Medicine (TCM) has always understood how emotions affect the body. Here are some examples:

Facets of Human Emotions

Joy- Although the Heart feels all emotions, Joy is the most closely linked emotion. Joy can also be interpreted to describe over-excitement. *The associated Organ is the Heart.* The heart's function is to regulate itself as well as the body's blood vessels; maintaining an even and regular pulse. The Heart is connected to our vitality and consciousness. The health of the heart is expressed through the tip of the tongue, complexion, and arteries. Joy relaxes and slows the movement of the direction of energy (Qi). Symptoms from a Heart or Joy imbalance can result in Palpitations, Restlessness or Insomnia.

Sadness- Sadness is said to include grief and regret, and is closely connected to feelings of nostalgia. *The associated Organs are the Lungs.* Sadness affects the Lungs, whose functions include respiration, creating and distributing Qi (direction of energy) throughout the body, regulating sweat glands in the skin, as well as maintain boundaries between our internal and external as seen in a healthy immune system.

Sadness weakens the Lungs and causes the Qi to dissipate.

Symptoms of a Lung or Sadness imbalance can result in:

- Chest tightness
- Shortness of breath
- Allergies & asthma
- Getting sick frequently
- Dry skin, eczema, etc.
- Waking between 3 am-5 am
- Crying easily & frequently

When the Lungs are impacted for long enough, it can directly affect the Large Intestine leading to issues like Constipation, IBS, IBD, Ulcerative Colitis, etc.

Anxiety or Worry-Worry is one of the most common emotions that may include obsessive thinking, dwelling, and mental work that requires intense focus. *The associated Organ is Spleen.* Worry primarily affects the Spleen, whose responsibilities include food digestion, nutrient absorption, energy production, as well as the formation and management of blood. For women especially, the Spleen plays an important role in maintaining a regular menstrual cycle by influencing the duration and quantity of blood lost each month. The Spleen also governs the “sinews” and muscles of the body and is connected to the mouth and lips. Worry weakens the Spleen and causes the Qi (direction of energy) to become stuck and “knotted.”

Symptoms of a Spleen or Worry imbalance can result in:

- Chronic fatigue
- Loss of appetite
- Poor digestion, bloating
- Loose stools or diarrhea
- Bruising easily; bleeding disorders
- Long/Heavy Periods

Anger-Anger is also interpreted more broadly to include emotions of frustration, irritability, jealousy, resentment, and animosity. *The associated Organ is the Liver.* Anger affects the Liver whose main role is to ensure the smooth flow of qi and blood throughout the body. It also stores blood, which again, for women is important for ensuring a pain-free, regular

Facets of Human Emotions

cycle. The Liver is also expressed through the strength of the tendons, hair, nails, as well as eyes.

The effect anger has on the body depends on how it is processed: whether it is bottled up or expressed outward by yelling, for example. Overall, anger causes the Liver Qi (direction of energy) to stagnate and fester, leading to poor circulation and/or the generation of internal “heat” (think: redness, a rising dynamic, agitation).

Symptoms of a Liver or Anger imbalance can result in:

- Verbal or violent outbursts
- Depression
- Red face and eyes
- Dizziness, High Blood Pressure
- Waking between 1 am - 3 am
- Headaches
- Stiff Neck & Shoulders
- Tendonitis
- Painful Menstrual Cramps

Fear- Fear arises from chronic anxiety, insecurity, or trauma—things that are not present. It is also linked to weak willpower and isolation. *The body part associated with fear emotion is the Kidneys.* Fear impacts the functioning of the Kidneys (and Adrenal Glands which are considered one system). The Kidneys are considered our “life gate.” They share similar roles to the Thyroid. Figuratively, the Kidneys are like our body’s batteries. They are responsible for our longevity, growth & development, metabolism, temperature regulation, fertility, as well as managing our stress response/energy levels on a daily basis. They are expressed in the low back, bones, ears, and teeth as well.

It’s no surprise the Kidneys govern fear: in biomedicine, the adrenal glands produce cortisol and norepinephrine when we are faced with threatening situations, stress, and major life changes. Fear ultimately weakens the Kidneys causing the Qi (direction of energy) to descend.

Symptoms of a Kidney or Fear imbalance can result in:

- Frequent urination & incontinence
- Night sweats & hot flashes
- Poor memory
- Low back + knee pain
- Ear ringing
- Hearing Loss
- Premature aging + hair loss
- Infertility
- Osteoporosis

Thus, we see that emotions impact our bodies in a significant way. Emotions also trigger action in our brain. The following paragraphs give the details:

Facets of Human Emotions

Activities inside the brain during Emotions

It has been debated whether emotions cause distinct localized activities in distinct parts of the brain corresponding to each distinct emotion (locationist approach i.e., the hypothesis that discrete emotion categories consistently and specifically correspond to distinct brain regions) or the different emotions cause activities in a particular area of brain irrespective of the type of emotion (psychological constructionist approach i.e., the hypothesis that discrete emotion categories are constructed of more general brain networks not specific to those categories)

A meta-analysis done by Kristen A. Lindquist, Tor D. Wager, Hedy Kober, Eliza Bliss-Moreau, and Lisa Feldman Barrett (2015) indicates pieces of evidence supporting the latter view. They found evidence that is consistent with a psychological constructionist approach to the mind: a set of interacting brain regions commonly involved in basic psychological operations of both an emotional and non-emotional nature are active during emotion experience and perception across a range of discrete emotion categories.

In psychological construction, all mental states, whether they are experienced as an instance of a discrete emotion category or not, are realized by more basic psychological operations or “ingredients” of the mind. As per the authors, the categorization in the form of situated conceptualization is realized in a set of brain regions that reconstitutes prior experiences for use in the present.

However, what are the specific regions that get activated when emotions surface up is discussed below:

It is now clear that there are no specific areas for each emotion but as a group, the emotions activate some areas of the brain. Dr. Erik Messamore posits that the areas of the brain involved in the emotion regulation process can be grouped into three general categories: the “thinking brain,” the “emoting brain,” and the “doing brain” (Taylor and Liberzon, 2007).

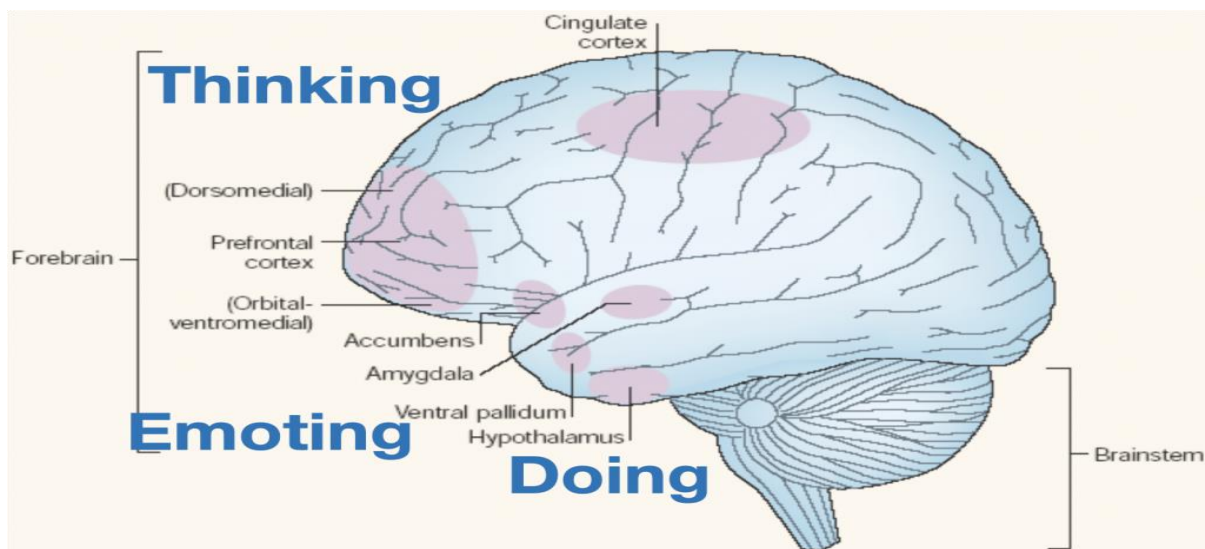


Figure 2: An anatomy diagram showing brain regions involved in the emotion regulation process

The thinking brain includes the prefrontal cortex and is responsible for paying attention to stimuli and evaluating a given situation. The emoting brain includes the amygdala and

Facets of Human Emotions

receives information from the thinking brain and the body and assigns emotional meaning to the stimuli or situation. The doing brain includes the hypothalamus and the brainstem and is responsible for carrying out our response to the stimuli and their perceived meaning.

The key here is that emotion regulation is a dynamic process and that the thinking and emoting parts of the brain are closely connected. This means that, with practice, we can intervene at many points throughout the process and regulate our emotions.

We have covered most of the aspects of human emotions, we shall end this paper with discussions on the role of human emotions in our working life and shall just touch upon the vast topic of Emotional Intelligence before concluding the paper.

Significance of emotions in our working life

Dale Carnegie once said, "When dealing with people, remember you are not dealing with creatures of logic but creatures of emotion". Emotions are the driving force behind managing people at the workplace. Motivation is built upon the foundation of emotions. The people are motivated even to die for a cause if they get triggered by motions. At the workplace, a manager is successful if he can successfully manage the emotions of people.

We all know that people are different from machines. The machines can be driven by switching on buttons but there are no switches by which the people obey commands. Machines do not have a mind filled with emotions that makes them different from people. People work on machines at the workplace and they do not find managing the machine difficult because machines are predictable because they lack emotions; managing people is difficult because they are unpredictable because of their mind which dwells on thoughts and emotions. There is not a single rule which can be used for all the people all the time. In fact, a single rule which worked once for a person will be ineffective for the same person in a different situation.

It is said that the leaders must impact and influence people to act in a manner the leader wants them to. Great leaders leading the nation have such charisma that they can touch the emotional chords of people en-masse and reach the remotest part of the nation. I recall when I was a child, my mother, a noble but illiterate lady, used to often tell, "Son, don't spill salt on the floor, else, God will punish you and make you lift the salt with your eyelids". It did not make sense to me then. She, while, in the village had been emotionally influenced by Gandhiji's salt movement immensely and it had registered in her mind that salt is very precious and, hence, must not be wasted. Leaders have the capability to emotionally influence people and make them tread the line of their thinking. We, the managers, are leaders at our workplace and hence we, similarly have to emotionally influence our employees to motivate them to move towards our organizational goals.

In an earlier paragraph, I mentioned that unlike machines there are no switches or buttons to make people work as per our demands-I wish to retract the statement. There are, indeed, switches that could trigger people to do what they want; the switches are not physical but are emotional. One such trigger which could be applied universally to all people is to nurture their self-respect, which is the most precious emotion in all human beings. The trigger which I used universally while dealing with people was "Treat others the way you would like to be treated in a situation". Even in most difficult situations where the situations demanded harsh actions on a guilty erring employee, my behavior was in line with the above trigger.

Facets of Human Emotions

Another emotional trigger is – “Be lavish in praise and do it publicly but reprimanding should be private in your closed cabin”

These two actions protect and nurture the emotion of self-respect. If you reprimand an erring person in front of others, the person forgets that he is being rebuked for his grave mistake; he only feels that he is being stripped naked in public and would always respond negatively, will not accept the mistake, and will never improve. On the other hand, if you understand his/her emotion and respecting the emotion, you reprimand in private on a one-to-one basis then his/her focus will be on the mistake and future actions will be positive with the learning not to repeat the same.

By nature, we all are emotional and want to hear good things about ourselves and want to rise in the eyes of other people. This emotional aspect is used by good managers to boost the morale of their subordinates (and even their peers) by profusely praising their good work in presence of as many people as possible. Such lavish praise (must be genuine; avoid flattery) is a great morale booster and motivates the person to deliver his best in the future.

Needless to say, a healthy and prosperous organization has a strong foundation in managing the emotions of their employees and the managers are successful in managing people if they can manage peoples' emotions effectively. More details on how to manage people successfully at the workplace to achieve organizational targets can be had by referring to my paper- "Managing People at Workplace"-Kumar Naresh (2020).

Managing people can be done by effectively managing their emotions. The ability to manage emotions is possible through emotional intelligence.

We shall just touch upon the topic of emotional intelligence before concluding the paper.

Emotional Intelligence

Cherry Kendra (2020) gives an insight into Emotional Intelligence by defining it as follows “Emotional intelligence (EI) refers to the ability to perceive, control, and evaluate emotions.”

Some researchers suggest that emotional intelligence can be learned and strengthened, while others claim it's an inborn characteristic. The ability to express and control emotions is essential, but so is the ability to understand, interpret, and respond to the emotions of others. Imagine a world in which you could not understand when a friend was feeling sad or when a co-worker was angry. Psychologists refer to this ability as emotional intelligence, and some experts even suggest that it can be more important than your intelligence quotient (IQ) in your overall success in life.

As we can measure human intelligence by IQ, we can measure Emotional Intelligence EQ. A number of different assessments have emerged to measure levels of emotional intelligence. Such tests generally fall into one of two types: self-report tests and ability tests. Self-report tests are the most common because they are the easiest to administer and score. On such tests, respondents respond to questions or statements by rating their own behaviors. For example, on a statement such as "I often feel that I understand how others are feeling," a test-taker might describe the statement as disagree, somewhat disagree, agree, or strongly agree.

Facets of Human Emotions

Ability tests, on the other hand, involve having people respond to situations and then assessing their skills. Such tests often require people to demonstrate their abilities, which are then rated by a third party.

Researchers suggest that there are four different levels of emotional intelligence including emotional perception, the ability to reason using emotions, the ability to understand emotions, and the ability to manage emotions.

1. **Perceiving emotions:** The first step in understanding emotions is to perceive them accurately. In many cases, this might involve understanding nonverbal signals such as body language and facial expressions.
2. **Reasoning with emotions:** The next step involves using emotions to promote thinking and cognitive activity. Emotions help prioritize what we pay attention to and react to; we respond emotionally to things that garner our attention.
3. **Understanding emotions:** The emotions that we perceive can carry a wide variety of meanings. If someone is expressing angry emotions, the observer must interpret the cause of the person's anger and what it could mean. For example, if your boss is acting angry, it might mean that they are dissatisfied with your work, or it could be because they got a speeding ticket on their way to work that morning or that they've been fighting with their partner.
4. **Managing emotions:** The ability to manage emotions effectively is a crucial part of emotional intelligence and the highest level. Regulating emotions and responding appropriately as well as responding to the emotions of others are all important aspects of emotional management.

Human beings are social animals and they have to interact with people at all stages of their life. Just as in a race, all participants start at the same point but during the race, some lead and others follow, in our own lives some people lead and influence, and others follow. The basic inherent factor which creates leaders is the fourth level of emotional intelligence which is necessarily a basic virtue in all leaders.

Emotional Intelligence possesses some key features which are given below

The key aspects of Emotional Intelligence:

- **Impact of Emotional Intelligence-**Interest in teaching and learning social and emotional intelligence has grown in recent years. Social and emotional learning (SEL) programs have become a standard part of the curriculum for many schools. The goal of these initiatives is not only to improve health and well-being but also to help students succeed academically and prevent bullying. There are many examples of how emotional intelligence can play a role in daily life.
- **Thinking Before Reacting:** Emotionally intelligent people know that emotions can be powerful, but also temporary. When a highly charged emotional event happens, such as becoming angry with a co-worker, the emotionally intelligent response would be to take some time before responding. This allows everyone to calm their emotions and think more rationally about all the factors surrounding the argument.
- **Greater Self-Awareness-**Emotionally intelligent people are not only good at thinking about how other people might feel but they are also adept at understanding their own feelings. Self-awareness allows people to consider the many different factors that contribute to their emotions.

Facets of Human Emotions

- **Empathy for Others**-A large part of emotional intelligence is being able to think about and empathize with how other people are feeling. This often involves considering how you would respond if you were in the same situation.

People who have strong emotional intelligence are able to consider the perspectives, experiences, and emotions of other people and use this information to explain why people behave the way that they do. Emotional intelligence can be used in many different ways in your daily life. Some different ways to practice emotional intelligence include:

- Being able to accept criticism and responsibility
- Being able to move on after making a mistake
- Being able to say no when you need to
- Being able to share your feelings with others
- Being able to solve problems in ways that work for everyone
- Having empathy for other people
- Having great listening skills
- Knowing why you do the things you do
- Not being judgmental of others

A person can possess a very high IQ but he would not be a good leader if he has a poor emotional Intelligence Quotient (EQ).

With this, we approach the end of the paper. Emotions are inherent in all of us and humans will not be humans if they did not have emotions. Truly said by Sabaa Tahir “Your emotions make you human. Even the unpleasant ones have a purpose. Don't lock them away. If you ignore them, they just get louder and angrier.” We cannot imagine a life without emotion because emotions are caused by thoughts and our mind is never without thoughts and as I said earlier that emotions are colorful thoughts. Emotions bring colors to our lives because emotions do have different shades.

Emotions are universal and are going to stay eternally with humans.

I conclude the paper with a famous quote from Isaac Asimov, “You don't need to predict the future. Just choose a future -- a good future, a useful future -- and make the kind of prediction that will alter human emotions and reactions in such a way that the future you predicted will be brought about. Better to make a good future than predict a bad one.”

REFERENCES

- 1) Paper -Thoughts 101: How Thoughts Create Emotions and Stuff in Transformation Academy (2021)- <https://transformationacademy.com/2019/10/thoughts-101-how-thoughts-create-emotions-and-stuff/>
- 2) Kumar Naresh (2021)-Human Pain-physical and non-physical. International Journal of Indian Psychology April-June 2021 issue
- 3) Dictionary Meaning of emotions- <https://www.dictionary.com/browse/emotion>
- 4) Definition of Emotion in Merriam Webster dictionary- <https://www.merriam-webster.com/dictionary/emotion>
- 5) Boundless Psychology-Defining Emotions- <https://courses.lumenlearning.com/boundless-psychology/chapter/defining-emotion/>
- 6) Emotions – paper in IResearch.com <http://psychology.iresearchnet.com/social-psychology/emotions/>

Facets of Human Emotions

- 7) Emotions-paper published in Stanford.edu on September 25, 2018. <https://plato.stanford.edu/entries/emotion/>
- 8) Cowen Alan (2018). How Many Different Kinds of Emotion are There? -paper published in New Discovery on May 9, 2018 <https://kids.frontiersin.org/articles/10.3389/frym.2018.00015>
- 9) Alexander L. Chapman (2015) – Paper Thoughts and Emotion published in DBT Vancouver.com on May 27, 2015 <https://dbtvancouver.com/thoughts-and-emotions/>
- 10) Cowen Alan (2018)- How Many Different Kinds of Emotion are There? New Discovery Published: May 9, 2018 <https://kids.frontiersin.org/articles/10.3389/frym.2018.00015>
- 11) Radhakrishnan Rohini (2020)- What Are the 27 Basic Emotions? https://www.medicinenet.com/what_are_the_27_basic_emotions/article.htm
- 12) Dyer Lauren (2019)- The physical effects of emotion. <https://empowerchiroacu.com/empowered-living-blog/physical-effects-of-emotions>
- 13) Kristen A. Lindquist, Tor D. Wager, Hedy Kober, Eliza Bliss-Moreau, and Lisa Feldman Barrett (2015)- v The brain basis of emotion: A meta-analytic review—paper published in Brain Behavior Science on feb 15, 2015. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4329228/>
- 14) 14) Dr. Erik Messamore What is emotion regulation and how do we do it? <https://erikmessamore.com/what-is-emotion-regulation-and-how-do-we-do-it/>
- 15) Stephan F Taylor 1, Israel Liberzon (2007)-Neural correlates of emotion regulation in psychopathology <https://pubmed.ncbi.nlm.nih.gov/17928261/>
- 16) Cherry Kendra (2020)- What Is Emotional Intelligence? A research paper published in Theories on Personality Psychology on June 3, 2020. <https://www.verywellmind.com/what-is-emotional-intelligence-2795423>
- 17) Kumar Naresh (2020)- Managing people at a Workplace- International Journal of Social Impact ISSN: 2455-670X Volume 5, Issue 2, DIP: 18.02.002/20200502 DOI: 10.25215/2455/0502002 www.ijsi.in |April-June, 2020

Acknowledgement

The author(s) appreciates all those who participated in the study and helped to facilitate the research process.

Conflict of Interest

The author(s) declared no conflict of interest.

How to cite this article: Kumar N. (2021). Facets of Human Emotions. *International Journal of Indian Psychology*, 9(3), 1141-1158. DIP:18.01.106.20210903, DOI:10.25215/0903.106