**UNIT 2: EMOTION STATES AND AWARENESS**

**INTRODUCTION**

Once again welcome to unit 2 of emotion states and awareness. The unit will start by giving definition of emotion states and awareness then proceed to discuss other relevant sections of the subject. The unit is divided into two sections as follows?

Section 1: Definition of Emotion States and Awareness

Section 2: How to become Aware of your emotions.

**Unit Objectives**

by the end of this unit, you should be able to

1. Define Emotion States and Awareness
2. Describe the causes of mood swings and their causes

**SECTION ONE: DEFINITION OF EMOTION STATES AND AWARENESS**

* 1. Section Outline
	2. Section Introduction.
	3. Section Objectives.
	4. Definition of Emotional Awareness

 1.4 Section summary

* 1. **SECTION INTRODUCTION**

Welcome to section one of unit 2. In this section you’re going to look at emotional awareness in its simplest terms.

**1.2 Section Objectives**

By the end of this section you should be able to:

1. Discuss what developing emotional awareness means
2. Causes of mood swings
	1. **DEFINITION OF EMOTIONAL AWARENESS**

Developing emotional awareness means, becoming a 100 % aware of emotions in such a way that you always know why you’re feeling bad (Developing Bad Mood) or experiencing any other emotion even if you can’t something about it.

 Emotional awareness is the first step needed to getting rid of any bad mood that visits you, after all, you need to be aware of the presence of an emotion in order to be able to get rid of it e.g. you might be feeling happy while being with your family and suddenly out of nowhere your mood swings.

This didn’t happen out of nothing as it seems, you just didn’t notice the trigger that resulted in the mood swing because you didn’t develop emotional awareness.

Sometimes subconscious thoughts do play work on us and in a flash what is in our subconscious comes to our conscious and we respond to it in a flash. But the presence of stress can make the bad emotions intensify and remember all external unpleasant factors can cause stress thus give a push to the rate at which our moods swing

People who always violate their own values by doing a bad habit over and over e.g. usually live a with a level of guilt that they got used to, other live with fears throughout their lives without realizing that their set point is a state of fear and anxiety.

Feelings of guilt arise as soon you do something that violates your values. Your mind sends you such feelings in order to notify you that your values are in danger.

Some people live with certain levels of stress that they start to believe this is how life should be, that it’s so normal to experience the levels of stress they’re experiencing. Again that is another problem that results from lack of emotional awareness.

It is thought that being unaware of your emotions can be one of the main causes of depression, prolonged sadness, anxiety, fears, guilt leads to prolonged stress which in turn leads to depression



* 1. **SECTION SUMMARY**

Self awareness is having clear perception of your personality, including strengths, weaknesses, thoughts, beliefs, motivation and emotions.

Self awareness allows you to understand other people, how

 they perceive you, your attitude and your responses to them in the moment.

**SECTION TWO: HOW TO BECOME AWARE OF YOUR EMOTIONS**

2.0 Section Outline

2.1 Section Introduction

2.2 Section Objectives

2.3 How to become aware of your emotions

2.4 Section Summary.

**2.1 SECTION INTRODUCTION**

Welcome to section two of unit 2. Awareness of emotions is a fundamental skill of the larger ability, which I call emotional literacy. We hope to look into this in this section. Looking at self awareness which is the 1st step in creating what you want and master where you focus your attention, your emotions, your reactions, your personality and behavior determines where you go in life

**2.2 section objectives**

By the end of this section you should be able to:

1. Discuss emotional awareness
2. Describe the anatomy mood swings
	1. **HOW TO BECOME AWARE OF YOUR EMOTIONS**

The process of becoming aware of your emotions is easy but need a lot of training. 1st you need to keep an eye on your emotions along with your thoughts and self talk after all it is your self talk that results to any emotional change you experience whether it is good or bad.

The more you keep monitoring your thoughts and emotions the more you will become aware of them and the more you will understand your own mood swings that seemed to have no reason earlier.

If you feel bad without a reason or without knowing why, then one of the reasons may be the cause;

**2.3.1*Emotion Are Messages***

One very important aspect about emotions that you must be aware of is that emotions are just messages sent to you by your mind in order to motivate you to take a certain action. If you feel bad then it is time to ask yourself what your subconscious mind is doing to draw your attention

**2.3.2 Oversensitivity**

Oversensitivnesses are subject to mood swings and different bad moods that you can’t understand. In addition over sensitive people have more empathy than the others. This empathy can sometimes let them feel bad just when they find themselves around someone who is feeling bad or who needs help

**2.3.3 Lack of Serotonin**

The hormone that regulates the mood that makes you feel good is called Serotonin. Lack of serotonin in your blood can lead to bad moods.

The levels of serotonin can be increased by exercising, eating carbohydrates and getting exposed to sunlight

**2.3.4 Identify the big problems**

Know that there are usually one or two big problems that can be responsible for your bad mood and the rest are just very small issues that seem big as a result of many problems you have. Know that you must clearly identify the major problems that are making you feel down by putting aside the small issues. Once you know the big ones, you can easily move towards fixing them and the small ones will just disappear.

Without this kind of awareness you will live your life feeling bad without knowing why or even worse feeling bad and thinking this is your normal set point.
lots of people use quick fixes to regulate there mood, but they only get short term results and the reason they use quick fixes instead of tackling the real problems is that they are not even aware of the reasons that change their emotions.

Know yourself, understand your emotions and you will become happier even if you have a lot of problems



* 1. **SECTION SUMMARY**

People with high emotional awareness know how they feel at any given time, they can identify the source of those feelings and can recognize how the feelings manifest in physical symptoms such as sweaty palms and headaches.

Accurate self assessment of a our self awareness can increase personal power, a good way to think of personal power is to equip it with self confidence and the tips are a making a list of your strengths in a journal asking for feedback from your trusted colleagues or friends and moving on from failures not dwelling on what one consider failure as a lasting or permanent and recognize what you can learn from a mistake and take the information and apply to future situations.

**Unit 2 Review Questions**

1. The James-Lange theory maintains that emotion is defined by:
2. Intensity of levels
3. Bodily responses
4. Cognitive valuation
5. Innate thoughts
6. Maturation
7. The following are normal responses to some of the emotions we come across EXCEPT
8. Talking to friends
9. Changing mood
10. Taking medication
11. Telling relatives
12. None of the above
13. Psychologists have in the past devoted much effort to trying to classify emotions. A classification that has proved useful is to divide emotions into ……………. And ………………..
14. Arousing and soothing
15. Innate and leaned
16. Pleasant and unpleasant
17. Gentle and aggressive
18. All the above
19. Most of the physiological changes that occur during intense emotions result from activation of the?
20. Sympathetic system
21. Parasympathetic system
22. Thalamic system
23. Thalamus
24. Amygdala

**Answers**

1. b
2. e
3. c
4. a

**References:**

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3. LeDoux, Joseph *The Emotional Brain: The Mysterious Underpinnings of Emotional Life.*New York: Simon and Schuster, 1998. This book examines the connection between physical responses and emotions.
4. Mackler, Carolyn. *Love and Other Four-Letter Words.*New York: Bantam Doubleday Dell, 2000. Young adult fiction that addresses trying to make sense of the strong emotions that occur during adolescence.