

CHAPTER 7.3 & 7.4 NOTES

UNDERSTANDING AND MANAGING EMOTIONS

UNDERSTANDING EMOTIONS

- EMOTIONS =
 -
 -
- EXAMPLES
 - JOY -
 - FEAR -
 - ANGER -

IDENTIFYING EMOTIONS

- AFFECTED BY HORMONES =
 -
 -
 -

IDENTIFYING EMOTIONS CONT...

- HAPPINESS
 -
 -
- SADNESS

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 -
 -
- LOVE
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 -
 -
 -
- EMPATHY =
 -
 -
- FEAR
 -
 - PHOBIA =

- GUILT

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-
-

- ANGER

-
- HOSTILITY =

MANAGING EMOTIONS

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HOW WE MANAGE EMOTIONS

- DEFENSE MECHANISM =

DEFENSE MECHANISMS

- REPRESSION =
- SUPPRESSION =
- RATIONALIZATION =
- REGRESSION =
- DENIAL =
- COMPENSATION =
- PROJECTION =
- IDEALIZATION =

DEALING WITH EMOTIONS

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