

# Emotions and motivations

[Life](#), [Emotions](#)



John T. Cacioppo has written a book in psychology. Cacioppo expressed throughout the textbook how we can differentiate our motivation and emotions through our own relationships with others. He mentioned how we have people communicate differently through the environmental factors in sexual motivation and sexual emotions. Psychologist has proposed a number of different theories of motivation, including drive theory, instinct theory and humanistic theory. Psychologist believes that we as humans have explored some specific motives: hunger, achievements, sexuality.

The ability to remain aware of our emotions or motivations is to always emphasize the interaction between our view of self and others, the role of power in social interaction and how groups of people with whom we interact, affect our decision making process. Cacioppo has explained how we relate our communication with our reaction occur automatic responses to situations. We often communicate our emotions to others through behaviors such as facial expressions, body language, gestures, and tone of voice. (P. 8)

We ask ourselves questions everyday through our life's span in how people can go through their days feeling happy, sad, depressed or how they might think of their stability need? In my opinion I think people are having an emotional breakdown in this life span. Because of the economy issues. It plays a big role in people's emotions. For instance, people lost their jobs during the recession and many suicides had taken place due to their depressions. This had become an economic burden of depressive disorders in the working status. Divorce and domestic violence also become a major impact to depression.

For example, generally the man is wealthier husbands than women in the economic status. The men are considered being the bread winner and head of household. The majority of men who lost their jobs these past years in a row either made a choice to get a divorce or became more abusive towards their spouses and the divorce rates had been a big impact to many societies and cultures. Emotions are also a major dilemma on children not just adults. Many young delinquents have had some kind of school bully attack on school grounds or out of the school premises.

Many children don't know how to deal with these bullies. The majority of bullies control and attack them by either being verbal, physical and or just aggressive bullies. Many of the innocent children become suicidal by cutting themselves, taking drugs or trying to kill themselves due to anxiety and depression. In many cases children understand how much bullying and cyber bullying there is out there in this world. Many children are learning to speak up and fight back. As a mother, I know that my daughter was bullied and she has learned for herself how to fight back with words of wisdom.

I was proud of my daughter Chyanna. Chyanna had started a school petition to " Stop Bullying against Others. It became very successful with the entire school staff, and her friends and student from her school. Depression has been a great dilemma for our societies; many can describe depression by being unhappy, angry or losing a loved one by death; whether it's by losing your significant other or it can be by money issues cause of a job loss or it can also be that someone that you loved broke your heart. Our hearts can play a big role in our lives by being emotional.

I am a person with a big heart who is very emotional with feeling and being loved. I can say for myself that I am a happy person who love's life in eneral. I love myself and I can say that I love my family and friends. I can also say, that where all humans and we all have some kind of negative emotions. There's lots of types of negative emotions I can speak for myself and others who I have conflictions in my past life. Greed can play a great roll in being selfish and Jealously can also be a trigger to becoming envious of others. We as people can be evil to ourselves or to harm others by verbal or physical emotions.

When you make people angry, they act in accordance with their baser instincts, often violently and irrationally. Many people are inspired to act in accordance with their higher instinct to becoming sensibly and rationally. Also, anger is transient, whereas inspiration sometimes has a life-long effect. " Written by Peace Pilgrim 3. Relinquishment of attachments. Only when you have relinquished all attachments can you be really free. Material things are here for use, and anything you cannot relinquish when it has outlived its usefulness possesses you.

You can only live in harmony with your fellow humans if you have no feeling that you possess them, and therefore do not try to run their lives. 4.

Relinquishment of all negative feelings. Work on relinquishing negative feelings. If you live in the present moment, which is really the only moment you have to live, you will be less apt to worry. If you realize that those who do mean things are psychologically ill, your feelings of anger will turn to feelings of pity. If you recognize that all of your inner hurts are caused by

your own wrong actions or your own wrong reactions or your own wrong inaction, then you will stop hurting yourself.

According to the book of "Peace Pilgrim: Her life and Work in Her Own Words," there were several steps towards her inner peace. Peace Pilgrim was a woman who believed to always have faith in God by doing her good deeds and leave her positive effect onto others. She also, expressed in her book that negativity should always be turned to positive. She also, explains to take control over ourselves and to stop hurting yourself and others. Peace Pilgrim was considered being a self-centered nature. She was a woman who lived life with simplicity to complete her willingness to growth to her self-will in others' lives.

Peace Pilgrim was a lady who also learned and thought us that we as humans should always control our inner peace with our health and happiness. I had chosen relinquishments of attachments and negative feelings out of her book because it gave me a better understanding of her ups and downs emotions and her personal motive of her life. (P. 8) She had mentioned that people need to have inner peace for themselves which of course is a selfish motive. Peace Pilgrim was a woman who believed to always have faith in God by doing her good deeds and leave her positive effect onto others.

In this generation many people are having a hardship struggle in whether their motivations aren't being pushed enough. Not all people share their same goals in life one of us are struggling with money issues, love, and self intelligence and our self motivation. I can speak for myself in general. I never realized how hard it is to have confidence in one self as a mother, daughter,

friend, and student. Now in these days there's so much emotion going through our thoughts and our hearts, one can't always comprehend the awareness of what life has to offer us.

I can say for myself that life right now is an emotional roller coaster. Every day is a different change of atmosphere for me; there's some days that I can say I am happy, sad or going through a depression. The majority of people are going through hard times right now including myself at times not all the time but, am in that category. I am learning that as we get older that we all need a desire to surpass and do better for ourselves or others to achieve in life; and to move forward in not thinking that everything is always going wrong or where having hard conflicts in life.

I read an article on " All Psycho online" this is psychology 101, Chapter 7 Motivations and Emotions. I took the time to go through this website to learn the correct terminology of arousal theory. " Arousal theory states that we are driven to maintain different levels of arousal whether we feel comfortable. " This can also be referred to different states of emotions, intellectuals and many different physical activities during our lives. For example, when you're depressed and you need a getaway moment away from everyone and everything. What's the first thing we would like to do in order to free ourselves from stress or depression?

I can say people in general, can get up and release themselves by doing something enjoyable from their own types of comfort zones. I can say for myself that rollercoaster's motivates me and arouses me by getting on a ride with full speed to it. Even though they look very scary I challenge myself

with a lot of emotions when screaming and shouting, nervousness and having the jitters when the rollercoaster is going up super fast and super high. I just feel my guts and blood flowing through my body and up my head with fear and excitement. That's my type of excitement when I go out with my kiddos to enjoy ourselves.

In our psychology book in chapter five, The Feeling Mind it has taught me a better understanding of motivation. How many times do we ask ourselves what fulfills us toward our goals in life? How are people driven by their instincts, when in need to achieve a certain level of bodily tension or a desire for attractive rewards? I personally believe that there's always more that we want for our own motivations, whether it our hunger and eating; sex and sexuality, intimacy or social needs to power in our workplace. Everyone uses the word as of " want" or " try' or intent to desire.

We all look for what motivates us in life by knowing and using these words to know what we all want. I can express myself by describing my own motivation and my ambitions for my own goals are to graduate from college with my double degree. By oing so, I come across telling myself that am almost there to finish my courses. My passion and my determination are accomplishing my degrees to teach my two girls that " the sky is always a limit. " I can say for myself, which I'm a person who follows their " gut" instincts or should I say " my gut feeling" when I really want to achieve my goals.

I find myself at times being very aggressive towards myself knowing and wanting to start and finish my accomplishments toward my career. I question

myself at times where do I see myself in ten years from now? If I can sit there and wonder what type of motives I want for myself then, what makes me think with my behavior and thoughts for others if there not thinking the same way I am. This brings me to question the behavior of others; if a person comes to know or to understand what are their first instincts and their reaction are when planning their motives.

Can many people detect what is their instinct or what drives an individual to experience their accomplishments? Psychologist "(Hull 1943) had explained in the text book that motivation begins with stimulus, from either the internal or external environment of the organism, which serves as a cue for motivated behavior. (P. 220) Hull also, explains how " being in a drive state propels the organism into some sort of action related to the stimulus, whether that means running away from the predator to safety or perhaps pulling a bottle of water from a backpack to quench thirst. (P. 20)

According to physiologist, this is a behavior that our bodies create unpleasant state or tensions, which it motivates and drives the organism to behave in ways that we reduce the need to balance ourselves to be less tense or feeling relief. Many people have different drives when our biological functions want to eat, drink or sleep or to have sex. Psychologist (Hull. 943), considers this drive theories to helps us understand our motives our triggers and what pushes us toward our goals.

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achievements, sexuality. The ability to remain aware of our emotions or motivations is to always emphasize the interaction between our view of self and others, the role of power in social interaction and how groups or the people with whom we interact, affect our decision making process.

Between our view of ourselves and others By taking psychology classes it has made me learned to understand a person who has anger issues and violence issues through this course. Many people including myself can be ignorant at times. We as humans don't know how to rationalize our instincts when being mad, or angry we act out for vengeance. We as humans don't know how to think when incensing is being inaccurate with self-talking to others. We don't realize how some of us can be stupid with our own actions. Some of us don't want to admit how emotional one can be to others.

We as people can express ourselves in many ways with gratitude towards others. The word intelligence is a big key for one's ability to build emotions. Intelligence is the ability for us to learn and understand the situations around ourselves and others. Some of us don't know how intelligent we can be around society. People don't realize how intelligent they are until your mind triggers without thinking. You as a person can show verbal and body emotions. We all have different ways to show the fundamentals of emotions and how we express our emotions towards ourselves or ones, family and friends and also, people in general.