

# [Psychologist i have to do. i am](https://assignbuster.com/psychologist-i-have-to-do-i-am/)

Psychologist Robert Plutchikstudies emotions and he came up with a list of the eight primary emotions thatpeople experience: “ joy, acceptance, fear, surprise, sadness, disgust, anger, and anticipation”. These are only a few of the many emotions that humans gothrough. There are also different ways inwhich you can identify these certain emotions and feelings.

They could eitherbe primary or mixed emotions which are part of the emotional wheel. Primaryemotions are “ inside the perimeter of the circle” (159). Plutchik says thatthese primary feelings can combine to form other mixed emotions. Mixed emotionsinclude: “ love, submission, awe, disappointment, remorse, contempt, aggressiveness, optimism, etc.” (160). And these are located outside the circleof the emotional wheel. The difference between primary and mixed emotions is thatprimary emotions are the feelings you experience initially after an event; itis your reaction to external events.

Mixed emotions are a combination ofprimary emotions and can be described in either one word or more than one. Theyare often a combination of conflicting feelings or emotions. For example, Ipersonally have some mixed emotions about things. When I do homework I usuallyhave mixed emotions about my assignments, I am both excited to be learning butalso am angry that there is so much of it that I have to do. I am both happyand mad about doing homework, therefore I have mixed emotions about it.  1.        What seems to be three causes of aggression inour society?   According to the textbook, aggression is “ any behavior that is intended to hurt someone, either verballyor physically (165). Albert Bandura, who is a proponent of the social learningtheory says that “ aggressive models in the subculture, the family, and themedia all play a part in increasing the level of aggression in our society”(166).

The social learning theory ofaggression concludes that “ people learn to behave aggressively by observingaggressive models and by having their aggressive responses reinforced over time”(Bandura 1972). This is very true because for example I nanny for a family andI have noticed that there is often conflict between the oldest and middlechild. They are pretty aggressive with each other, always fighting and teasing. The youngest sibling is constantly around this kind of behavior and on thosedays where the oldest and middle child fight the youngest one starts to act outtoo. This just shows that peoples actions have an effect on how our society is. There are many things that can influence aggressive behavior.

If you were towatch a movie that was about war and fighting it could make the person whowatched it to feel the need to act just like the movie and be aggressive too. 2.        What important stages are involved in theforgiveness process? There are some important stagesthat are involved in the process of forgiveness. In the textbook, it mentions afew of them: exploring the anger you have, deciding to forgive, working onforgiveness, and discovery and release.

Through this process, you can learnmore about yourself, others, and relationships (183). Whenever I am in asituation where I feel like I’ve been hurt I try not to hold on to that anger. I am very quick to forgive.

Although in some cases that isn’t always the bestthing to do but I feel as though “ holding on to hurts and nursing grudges wearsyou down physically and emotionally” (182). One thing that I thought was veryaccurate was that in the textbook it mentioned: “ forgiveness is something thatyou do for yourself, your own happiness, health and well-being” (184). I feelthat if you are able to forget and forgive it can relieve you of that stressthat you felt when you were betrayed and it is a great way to make yourselffeel better.  3.        Define and discuss the mourning process.  Grief and bereavement which is alsoknown as mourning are defined as “ to be deprived” (168). The process of griefconsists of “ freeing ourselves emotionally from the loss, readjusting to lifewithout this loss, and resuming ordinary activities and forming new relationships”(Dickinson and Leming 2007). There are lots of different ways that people dealwith loss and how they grieve.

Some of the common stages in dealing with loss aredenial, anger, bargaining, depression, and acceptance. This is something that Ipersonally and I’m sure many of others have dealt with. I’ve experienced manylosses in my life and at some point in my life have been through all of thesestages. It is said that “ the way that you deal with certain losses depends onthe individual, the relationship of the loss, and the circumstances surroundingthe loss” (Greenberg 2003). Which is very true because we all deal with lossesdifferently and there really isn’t a “ correct” way to grieve.  4.        Describe a time in your life when emotion wasevident. How did you process that emotion?  This past summer my familyexperienced a very great loss.

The primary emotion that my family and Iexperienced was sadness and it was very evident that everyone around us wasfeeling that same emotion. In the beginning, it was very tough to process thesituation. The death was very sudden and unexpected and it shocked us all. Wewere all experiencing mixed emotions of sadness, disappointment, and distress. I think that everyone in my family dealt with it differently and some still aretrying to process it all. Personally, the way I processed the emotions I wasfeeling was by trying to understand why I was feeling sad so that I could findways to deal with my emotions in a healthy way. I didn’t like feeling likethere was nothing that I could do in order to change my emotions so I began totry to come to terms with what happened and tried to move on so that I couldlessen the sadness in my life. So far it has been working and I am definitelyfeeling better now.

Note: I already finished thisassignment earlier and as I was going to turn it in I noticed that you changedthe question to number 4. So just in case, I did it anyway. I put the answerdown below.  4.        Define Social Emotional Learning (SEL). Social Emotional Learning isdefined as “ the process through which childrenand adults acquire and effectively apply the knowledge, attitudes, and skillsnecessary to understand and manage emotions, set and achieve positive goals, feel and show empathy for others, establish andmaintain positive relationships, and make responsible decisions” (Casel 2018). Itis thought to help students be more successful and it prepares workers to beable to be better at solving problems, become better communicators, and to beable to manage their emotions better.

I think that learning more about SocialEmotional Learning will be very beneficial for a lot of people. It will helppeople become more successful and it’ll help in improving their lives. Learningall the skills that are offered through taking SEL programs will help createbrighter futures for people.