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**ASSIGN
BUSTER**

Psychologist Robert Plutchik studies emotions and he came up with a list of the eight primary emotions that people experience: "joy, acceptance, fear, surprise, sadness, disgust, anger, and anticipation". These are only a few of the many emotions that humans go through. There are also different ways in which you can identify these certain emotions and feelings.

They could either be primary or mixed emotions which are part of the emotional wheel. Primary emotions are "inside the perimeter of the circle" (159). Plutchik says that these primary feelings can combine to form other mixed emotions. Mixed emotions include: "love, submission, awe, disappointment, remorse, contempt, aggressiveness, optimism, etc." (160). And these are located outside the circle of the emotional wheel. The difference between primary and mixed emotions is that primary emotions are the feelings you experience initially after an event; it is your reaction to external events.

Mixed emotions are a combination of primary emotions and can be described in either one word or more than one. They are often a combination of conflicting feelings or emotions. For example, I personally have some mixed emotions about things. When I do homework I usually have mixed emotions about my assignments, I am both excited to be learning but also am angry that there is so much of it that I have to do. I am both happy and mad about doing homework, therefore I have mixed emotions about it.

1. What seems to be three causes of aggression in our society? According to the textbook, aggression is "any behavior that is intended to hurt someone, either verbally or physically (165). Albert Bandura, who is a proponent of the social learning theory says that "aggressive models in the subculture, the

family, and the media all play a part in increasing the level of aggression in our society”(166).

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

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

Through this process, you can learn more about yourself, others, and relationships (183). Whenever I am in a situation 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 best thing to do but I feel as though “ holding on to hurts and nursing grudges wears you down physically

and emotionally” (182). One thing that I thought was very accurate was that in the textbook it mentioned: “ forgiveness is something that you do for yourself, your own happiness, health and well-being” (184). I feel that if you are able to forget and forgive it can relieve you of that stress that you felt when you were betrayed and it is a great way to make yourself feel better.

3. Define and discuss the mourning process. Grief and bereavement which is also known as mourning are defined as “ to be deprived” (168). The process of grief consists of “ freeing ourselves emotionally from the loss, readjusting to life without this loss, and resuming ordinary activities and forming new relationships”(Dickinson and Leming 2007). There are lots of different ways that people deal with loss and how they grieve.

Some of the common stages in dealing with loss are denial, anger, bargaining, depression, and acceptance. This is something that I personally and I’m sure many of others have dealt with. I’ve experienced many losses in my life and at some point in my life have been through all of these stages. It is said that “ the way that you deal with certain losses depends on the individual, the relationship of the loss, and the circumstances surrounding the loss” (Greenberg 2003). Which is very true because we all deal with losses differently and there really isn’t a “ correct” way to grieve.

4. Describe a time in your life when emotion was evident. How did you process that emotion? This past summer my family experienced a very great loss.

The primary emotion that my family and I experienced was sadness and it was very evident that everyone around us was feeling that same emotion. In the beginning, it was very tough to process the situation. The death was very

sudden and unexpected and it shocked us all. We were all experiencing mixed emotions of sadness, disappointment, and distress. I think that everyone in my family dealt with it differently and some still are trying to process it all. Personally, the way I processed the emotions I was feeling was by trying to understand why I was feeling sad so that I could find ways to deal with my emotions in a healthy way. I didn't like feeling like there was nothing that I could do in order to change my emotions so I began to try to come to terms with what happened and tried to move on so that I could lessen the sadness in my life. So far it has been working and I am definitely feeling better now.

Note: I already finished this assignment earlier and as I was going to turn it in I noticed that you changed the question to number 4. So just in case, I did it anyway. I put the answer down below.

4. Define Social Emotional Learning (SEL). Social Emotional Learning is defined as "the process through which children and adults acquire and effectively apply the knowledge, attitudes, and skills necessary to understand and manage emotions, set and achieve positive goals, feel and show empathy for others, establish and maintain positive relationships, and make responsible decisions" (Casel 2018). It is thought to help students be more successful and it prepares workers to be able to be better at solving problems, become better communicators, and to be able to manage their emotions better.

I think that learning more about Social Emotional Learning will be very beneficial for a lot of people. It will help people become more successful and it'll help in improving their lives. Learning all the skills that are offered through taking SEL programs will help create brighter futures for people.

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