

Emotion

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Emotions A well individual is one who's physical, mental and emotional health's are intact. More often than not we forgot that emotions are important determinants of the overall health of a person. We are pushed by reward and therefore we try to seek the things that make us happy and are afraid of punishment, so we refrain from negative emotions and the situations they arise from (Frijda 23). Reflections put us in touch with our feelings, and with the use of EQD stack of cards, we better understand our emotions as we reflect to what extent we felt any of the 52 emotions, 26 positive and 26 negative. The game has opened my eyes to the emotions I felt, both positive and negative and to what extent the latter have stressed me (Frijda 35).

The reliability of the EQD deck of cards as a psychometric instrument was found to be . 95, in that it produced the same results over and over again. Its validity in measuring only the emotions of the individual and not any other parameter was . 70. These results show us that the test can be used as a standard for assessing human emotion (Coleman 39).

The 52 cards present a wide range of emotions that we can feel each at any given moment in time or even feel more than one. As complex beings, our emotions tend to be complex and emotions exist for the welfare of the individual. The ability to control our emotions is important for our health and survival in general as emotional extremes lead to mood disorders such as depression and bipolar disorders, anxiety disorders and phobias (Coleman 38).

What I learnt on reflection is that I can generally control my emotions better if I first put them into perspective and know the reasons why I am feeling a specific emotion. On my part, I learnt that I should reduce confrontations

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with individuals so that I may be less angry (Coleman 45).

Work Cited

Frijda, Nico. *The Emotions*. Cambridge: Cambridge University Press. 1986.

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Coleman, Daniel. *Working with Emotional Intelligence*. New York: Bantam

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