

Emotions power of
feelings: emotion,
imagination, and the



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Emotions play a large role in how we perceive things.

The ability to learn new ideas and approaches can be tainted by the emotions that are restricting our ability to perceive a new way of thinking. Experience with life issues gives adult learners more emotional baggage than traditional students. I value my level for emotions in my adult learning experience. I am founded in my beliefs about God and his path for my life. I look to God for answers when I find myself becoming angry, upset, or confused. I trust that the bible, which is God's word, will give me an escape route from whatever I am going through.

The major emotional awareness that I have is that I am determined. As a young adult my father told me I would never amount to anything. I struggled with that comment until I realized, I am who I want to be, and I can do anything if I put God first. I am the first person from my family to graduate from college with an associate degree and I heard my father say how proud he was of me with tears in his eyes. This article *The Power of Feelings: Emotion, Imagination, and the Construction of Meaning in Adult Learning* (Dirkx, Spring 2001) provided me with three major take away ideas.

To realize that emotions are connected to images and you must conquer that image in your mind to change the emotion. It is okay to have emotions if you direct them in the right direction and realize where they are coming from. My learning was motivated by the emotion of determination.

This article (Dirkx, Spring 2001) also allowed me to understand that my upbringing made me have the emotions I do. Our belief system is often <https://assignbuster.com/emotions-power-of-feelings-emotion-imagination-and-the/>

something we have learned our whole life and are willing to defend. When someone questions this belief system we are quick to become emotional and defensive. There is always a picture associated with the emotion that we are not even aware of being there.

This article was very enlightening. I have become more aware that my emotions maybe leading to some of my dreams and fantasies. This emotional energy may lead to my daily expression of handling situations. I have been made more aware of this emotional journey and will be more aware of how it affects me and the people around me.