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Philosophy



**ASSIGN
BUSTER**

(College) Understanding your Mind and Emotions Based on Burn's arguments on the origin of emotions, emotions come from our thoughts and attitude. Burn argues that it is our thoughts that create our feelings and not external events. Other arguments on the origin of human emotions are based on external events like illness, shaky economy, bad weather, traffic jams and taxes. Some people use events as the listed ones to justify their negative feelings. These are the competing ideas from which Burn purposes to distinguish his view from. As much as Burn affirms the existence of truth in the stipulated ideas, he disagrees with the notion that our feelings are beyond our control. A close analysis of Burn's arguments on human emotions reveals that humans are in full control of their emotions.

Values are the judgment of a person on what is important and what is not important in life. They are simply the standards of someone's behavior. Unlike humans whose values are acquired from world experiences, animal values are passed from parent to offspring as animals tend to emulate what their parents do. Meanings of values are carried in most streams of emotions. Further, comparison between emotions and values reveal that emotions of different types are apprehension of values with distinctness. From self-assessment 3. 4 I have a moderate cognitive empathy. This is an implication of moderate perspective taking. From self-assessment 3. 5 I recorded a high emotional empathy. This is to mean that I am emotionally touched by what happens to other people. Self-assessment 2. 2 portrays me as someone of high medium importance based on my values. My mood scale on self-assessment 4. 4 reveals high positive energy. Generally the self-assessments portray me as someone energetic and believing so much in myself. However, I also get moved by the experiences of others.