

Download The Function Of Emotions When And Why Emotions Help Us

The Function of Emotions: What good are emotions? Why do we have emotions? Until we begin to understand the functions of emotions, why we have them, what their effect is on others, we cannot expect ourselves to change them. On Affect: Function and Phenomenology Andreas Elpidorou † andreas.elpidorou@louisville.edu

ABSTRACT This paper explores the nature of emotions by considering what appear to be two differing, perhaps even conflicting, approaches to affectivity—an evolutionary functional account, on the one hand, and a phenomenological view, on the other. Although the universality of basic human emotions has been recognized, the role, function, and importance of emotional intelligence are often undermined. Emotional Intelligence is a social skill ... Emotions can play an important role in how we think and behave. The emotions we feel each day can compel us to take action and influence the decisions we make about our lives, both large and small. In order to truly understand emotions, it is important to understand the three critical components of an emotion.