

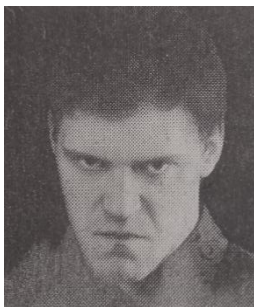
Learning Competencies:

- Discuss that understanding the intensity and differentiation of emotions may help in communicating emotional expressions (**Esp-PD11/12EI-li-j-8.1**)
- Demonstrate and create ways to manage various emotions (**EsP-PD11/12EI-lj-8.3**)

ACTIVITY NO. 1

How Well Do You Read Other People?

Instruction: Identify the emotion conveyed in each image. Write your answer in the line below the image.



(1) WHAT ARE EMOTIONS?

- ❖ According to **John D. Mayer**, “Emotions operate on many levels. They have a physical aspect as well as a psychological aspect. Emotions bridge thought, feeling, and action – they operate in every part of a person, they affect many aspect of a person, and the person affects many aspect of the emotions.”
- ❖ According to **Dr. Maurice Elias**, “Emotions are human beings’ warning systems as to what is really going on around them. Emotions are our most reliable indicators of how things are going on in our lives. Emotions helps keep us on the right track by making sure that we are led by more than the mental/intellectual faculties of thought, perception, reason, and memory.”
- ❖ Emotions are used to describe the experience and varieties of human emotion. Emotion can also be expressed in other ways that include both verbal and nonverbal communications.

THEORY ABOUT EMOTIONS

In 4th century BC, **Aristotle** attempted to identify the exact number of core emotions. He referred to **14 core emotions**: fear, confidence, anger, friendship, calm, enmity, shame, shamelessness, pity, kindness, envy, indignation, emulation, and contempt.

Charles Darwin, in his book *The Expression of the Emotions in Man and Animals*, suggested that facial expression had evolutionary advantages.

Currently, different psychologist forwards their own versions and attempt to categorize and identify the exact number of emotions. The table below is based on current theories about emotions:

| Theorist | Basic Emotions |
|-------------------------------|--|
| Plutchick | Acceptance, anger, anticipation, disgust, joy, fear, sadness, surprise |
| Arnold | Anger, aversion, courage, dejection, desire, despair, fear, hate hope, love, sadness |
| Ekman, Friesen, and Ellsworth | Anger, disgust, fear, joy, sadness, surprise |
| Frijda | Desire, happiness, interest, surprise, wonder, sorrow |
| Gray | Rage and terror, anxiety, joy |
| Izard | Anger, contempt, disgust, distress, fear, guilt, interest, joy, shame, surprise |
| James | Fear, grief, love, rage |
| McDougall | Anger, disgust, elation, fear, subjection, tender-emotion, wonder |
| Mowrer | Pain, pleasure |
| Oatley and Johnson-Laird | Anger, disgust, anxiety, happiness. Sadness |
| Panksepp | Expectancy, fear, rage, panic |
| Tomkins | Anger, interest, contempt, disgust, distress, fear. Joy, shame, surprise |
| Watson | Fear, love rage |
| Weiner and Graham | Happiness, sadness |

| (2) BASIC EMOTION | COMPLEX EMOTION |
|--|--|
| <ul style="list-style-type: none">• Expression is universally recognizable• Produced automatically• Pure, can't be deconstructed | <ul style="list-style-type: none">• Expression varies & can be hard to recognize• Requires cognitive processing• Made up of multiple emotions. |

ACTIVITY NO. 2

Instruction: Fill in the missing Theorist and Basic Emotions in the table. Write your answer on the blank.

| THEORIST | BASIC EMOTIONS |
|-------------------|-----------------------------------|
| 1. _____ | Rage and terror, anxiety, joy |
| Panksepp | Expectancy, fear, 2. _____, panic |
| 3. _____ | Fear, love, rage |
| 4. _____ | Pain, pleasure |
| Weiner and Graham | 5. _____, sadness |

EMOTIONAL INTELLIGENCE

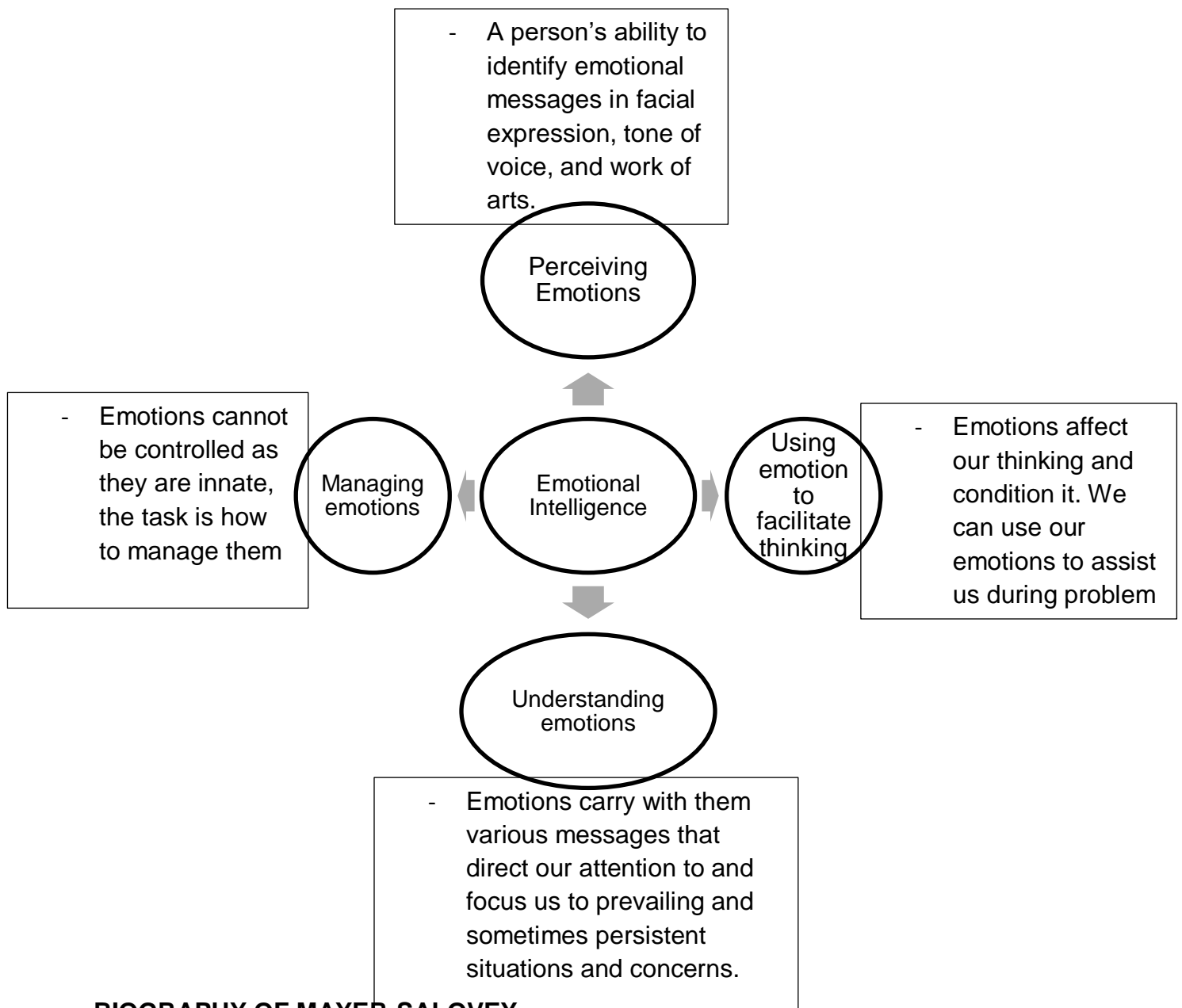
⁽¹⁾ **Emotional Intelligence** or **EQ**, was popularized by **Daniel Goleman** in his 1995 bestseller *Emotional intelligence: Why It Can Matter More than IQ*. However, it was **John Mayer** and **Peter Salovey** who did initial studies on EQ long before the book came out.

EQ is associated with the capacity to recognize and manage one’s own and others’ emotions, to discriminate between different feelings and identify them appropriately, and to be able to use emotions to guide thinking and behavior.

⁽⁴⁾ Emotional intelligence (EI) refers to the ability to perceive, control, and evaluate emotions. Some researchers suggest that emotional intelligence can be learned and strengthened, while others claim it's an inborn characteristic.

The ability to express and control [emotions](#) is essential, but so is the ability to understand, interpret, and respond to the emotions of others. Imagine a world in which you could not understand when a friend was feeling sad or when a co-worker was angry. Psychologists refer to this ability as emotional intelligence, and some experts even suggest that it can be [more important than IQ](#) in your overall success in life.

MAYER-SALOVEY CARUSO MODEL



BIOGRAPHY OF MAYER-SALOVEY

⁽³⁾ John D. Mayer

- American psychologist at the University of New Hampshire.
- He is a personality psychologist. He co-developed a popular model of *emotional intelligence* with Peter Salovey. He is one of the authors of the Mayer-Salovey-Caruso Emotional Intelligence Test (MSCEIT), and has developed a new, integrated framework for personality psychology, known as the Systems Framework for Personality Psychology. He is the author of *Personal Intelligence: The Power of Personality and How It Shapes Our Lives*.
- Mayer received his B.A. at the University of Michigan, his Ph.D. from Case Western Reserve University.

(4) Peter Salovey

- American social psychologist and current President of Yale University. He previously served as Yale's Provost, Dean of Yale Graduate School of Arts and Sciences, and Dean of Yale College. Salovey is one of the early pioneers and leading researchers in emotional intelligence.
- Salovey was born in 1958 in Cambridge, Massachusetts. He is the oldest child of Elaine Salovey, who was a registered nurse, and Ronald Salovey, who was a physical chemist and Professor of Chemical Engineering and Materials Science at the University of Southern California.
- Salovey spent his early years in northern New Jersey and attended high school at Williamsville North High School in a suburb of Buffalo, New York before moving to suburban Los Angeles in 1975. In 1976, he graduated co-valedictorian from Rolling Hills High School in Rolling Hills Estates, California, California. He attended Stanford University, where he received a B.A. in psychology and an M.A. in sociology with departmental honors and university distinction. While at Stanford, he served as a peer counselor with The Bridge Peer Counseling Center, a field about which he later co-authored a seminal textbook.
- Salovey's most significant research contributions are in the field of emotional intelligence. With John D. Mayer he significantly expanded the scope of the concept and authored several of the field's seminal papers, arguing that people have widely ranging abilities pertaining to emotional control, reasoning, and perceptivity.

ENRICHMENT

Instruction: Answer the question below.

Create a way(s) to manage your emotions and how would you do it.

SOURCES:

- Rochester, Herman G. "A Journey to Personal Development" p. 121- 126, FNB Educational, Inc., Philippines, 2016.
- [Online.uwa.edu/infographics/basic-emotions/](https://online.uwa.edu/infographics/basic-emotions/)
- <https://peoplepill.com/people/john-mayer/>
- <https://peoplepill.com/people/peter-salovey/>
- <https://www.verywellmind.com/what-is-emotional-intelligence-2795423>
- <https://www.verywellmind.com/how-emotionally-intelligent-are-you-2796099?quizResult=c389fd85>

Name: _____ Date: _____
Grade & Section: _____ Score: _____



**PERSONAL DEVELOPMENT
ASSESSMENT NO. 8**

Test I. Let us make a “SELFfeel.”

Directions: How do you express these emotions? Make a selfie. (20 points)

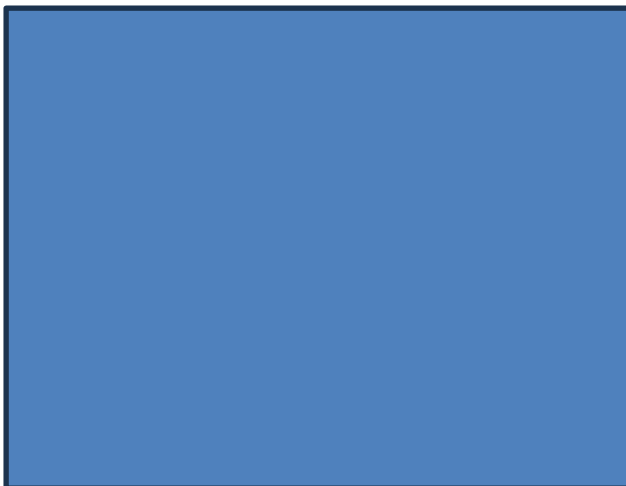
ANGER



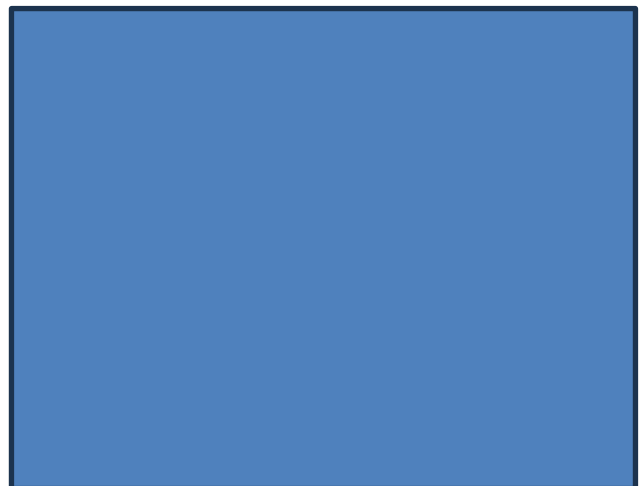
DISGUST



FEAR



HAPPINESS



1. Based on your photo, which feeling do you find to be your favorite? Explain in 3-4 sentences. (5 points)