

# Top Ten 2020 Skills Project

## SKILL 6 – EMOTIONAL INTELLIGENCE BASIC EMOTIONS



6. Emotional Intelligence

# SKILL 6 – Emotional intelligence

## Basic emotions

**Aim:** Know and understand the existence and meaning of basic emotions.

**Objective 1:** Understanding what an emotion is.

**Objective 2:** Understanding what a basic emotion is, which are those basic emotions and the way to define them.

**Objective 3:** Meaning and management of basic emotions.

**Contents:** Definition of emotion and of basic emotions. Criteria of definition. Anger, Sadness, Joy, Fear and Disgust. Meaning and management.



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“The **face** is a picture of the mind with the **eyes** as its interpreter”

Marcus Tullius Cicero



# SKILL 6 – Emotional intelligence

## Basic emotions

### *What is an emotion?*

Emotions are specific reactions to a particular event, based on biochemical and physiological alterations in our body and nervous system. They are usually of fairly short duration and work as the tools given by nature to human beings to respond to external stimuli.



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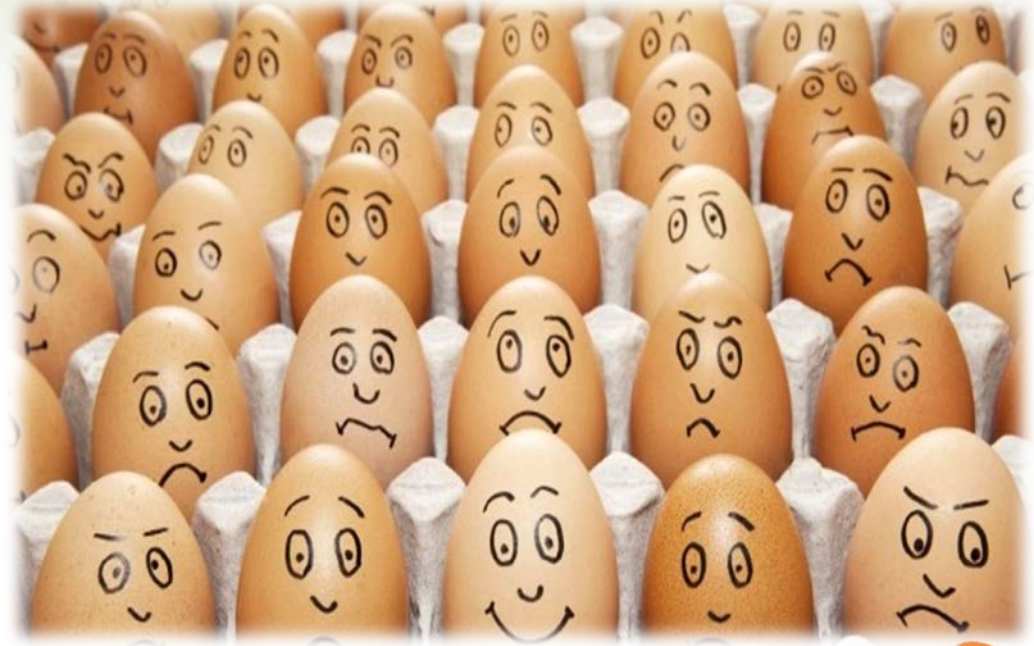


# SKILL 6 – Emotional intelligence

## Basic Emotions

*What is a basic emotion?*

We call basic or universal emotions those which are common to every human being, regardless of gender, ethnic origin, place of birth, language or culture. They are primitive and instinctive, and they serve us to respond to the different challenges of our life.



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# SKILL 6 – Emotional intelligence

## Basic emotions



*Who defined the basic emotions?*

In the late 60's, the American psychologist Paul Ekman studied the Fore people of Papua New Guinea and demonstrated the six basic emotions.

*What criteria did he use?*

Ekman went on to develop the tool for measuring any and all facial movements (Facial Action Coding System). This research on deception uncovered the existence of micro expressions that result from suppressing strongly felt emotion.



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# SKILL 6 – Emotional intelligence

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*Which are the basic emotions?*

Based in the different facial micro expressions, Ekman defined six emotions clearly distinguishable which, in an innate, automatic and fast way, activate a neuronal circuit unleashing universal behaviours looking for survival.



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# SKILL 6 – Emotional intelligence

## Basic emotions

**SADNESS**



**ANGER**



**DISGUST**



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# SKILL 6 – Emotional intelligence

## Basic emotions

**SURPRISE**



**FEAR**



**JOY**



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# SKILL 6 – Emotional intelligence

## Basic Emotions

In 2015, Paul Ekman supervised the animation film 'Inside Out' and redefined the list of basic emotions. He eliminated 'surprise' because it is not an emotion itself, but a brief transition between one emotion and another.



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### *Sadness*

It is the emotion of loss. We feel sad when we lose something or someone. The stronger the attachment or the dependence to the thing or person lost are, the stronger the sadness is. Sadness helps us to set up some distance with painful situations, as well as to empathise with the sadness of others and generate networks of support.

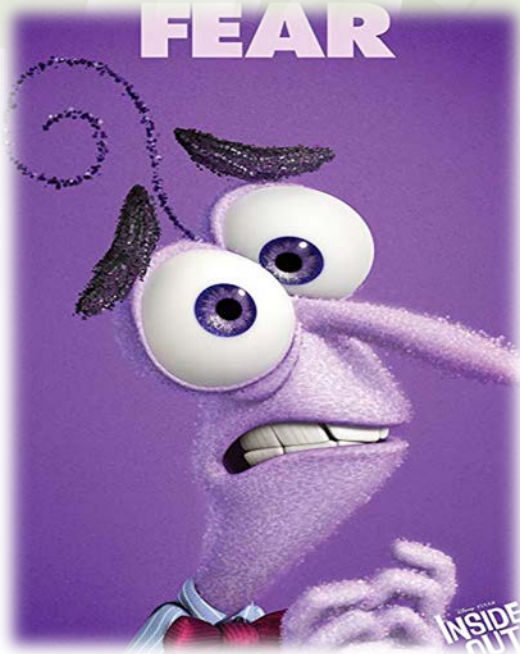


### *How to manage sadness?*

1. Give yourself permission to feel sad. Do not fight against the emotion.
2. Identify what you have lost.
3. Think about the level of attachment you felt for the thing lost. Can you live without it? Was it so important?
4. If you have lost someone, what experiences have you lived with that person? How can you remember them?







### *Fear*

It is the emotion of danger or threat, a feeling associated to the uncertainty experienced before an unknown event. That danger can be real or invented, mainly linked to the future or the present, but even to the past, when we project already lived experiences to fill the gap generated by the uncertainty of the future.

Fear is the most powerful emotion of the human being, closely related to the instinct of survival.





### ***How to manage fear?***

1. Usual reactions to fear are: fight, fly or freeze. In any case, action is the best antidote against fear.
2. Fear is a sign which warns about an unknown challenge. It happens when there is not a balance between the size of the challenge and the amount and level of our resources to face it.
3. Against fear, we have to update our resources at the level of the challenge, improve the perception of those resources (self-knowledge) or value the size of the challenge.



### **Anger**

It involves a strong uncomfortable and hostile response to a perceived provocation, hurt or threat. It is the reaction to a broken rule, a threat to our self-esteem or system of values.

It provokes an explosion of adrenaline and it will only disappear if we can release it facing the person/thing who broke our rule. If we do not find that “rival”, we will need to release it anyway, so we will do it against anyone, even if it is not his/her fault.



### ***How to manage anger?***

1. Make a list of your personal rules.
2. Remove all those rules which are constraining your life instead of improving it.
3. Reduce the exigence of those rules you have not been able to remove.
4. Express yourself assertively.
5. Take control over your impulses taking a time between the stimulus and the reaction.







### *Joy*

It is the other side of the coin. It happens when our rules are respected, so our expectations are fulfilled, we are making progress toward our goals or a desirable event or outcome has occurred.

Joy is joined to the generation of serotonin and it has positive effects over memory and cognitive flexibility. It produces a feedback loop that will reinforce behaviors that build self esteem and make us create an upward spiral of more and more serotonin.





### ***How to manage joy?***

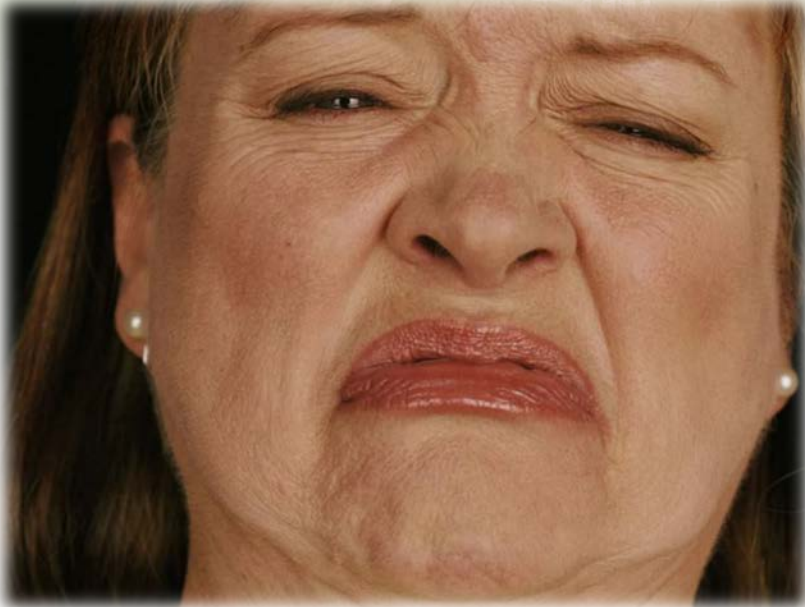
1. Reduce the amount of rules and its level of exigence.
2. Recognise our achievements and give us permission to enjoy them.
3. Share the emotion with others. The more convinced you are that your joy is real, you will be able to transfer it to others.



### *Disgust*

It is an emotional response of revulsion to something considered offensive, distasteful, or unpleasant. Disgust is a strong negative feeling of aversion or disapproval to something or someone which generates a risk of intoxication and can be a threat to our survival. Human beings need (and have needed) disgust to keep themselves alive.





### ***How to manage disgust***

1. Make escape responses when necessary.
2. Avoid unpleasant situations or potentially harmful to health.
3. Enhance healthy, hygienic and adaptative habits.
4. Manage your relationships and avoid or minimize contact with toxic people.







# Top Ten 2020 Skills Project

<http://www.topten2020.eu/>

<https://www.facebook.com/toptenskills2020>

The European Union flag, featuring twelve five-pointed gold stars arranged in a circle on a blue background.

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