

emotions

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1

Event

Some event happens



2

Thought

We have a thought or interpretation about that event

Our values, religious or political orientation, and childhood events have a large impact on how we interpret the behavior of others

3

Emotion

Our bodies are designed to release hormones that are consistent with that thought, causing the sensation that we call "emotion"



4

Behavior

An essential function of emotion is to fuel our bodies to act on our thoughts

Be careful what you think! Our interpretation of current events can be influenced by survival rules from the past that are no longer relevant or necessary

We think many thoughts at the same time and are not aware of all of them. Even thoughts we are not aware of can create emotion (ever feel sad out of the blue? It's because you're thinking something!)

Emotions fuel the body to react. If you don't want to react, you shouldn't call the emotion. In fact, we need anger, anxiety, and resentment FAR less than we actually experience it.

Our bodies don't care if your interpretation is accurate; if you believe it, your body will create the emotion consistent with your interpretation.

ADAPTIVE THOUGHTS
ADAPTIVE EMOTION
EVENT - THOUGHT - EMOTION - BEHAVIOR