

Emotional intellect. Part 2

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Emotional intellect. Why it can mean more than IQ

Daniel Goleman

Mann, Ivanov and Ferber. Moscow, 2018.

We publish passages from the book

An American psychologist, a recognized expert in the field of emotional intelligence Daniel Goleman argues that our emotions play in achieving the family and at work a much larger role than it is considered.

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All emotions are essentially a motivation to action, instant programs of action, which evolution gradually instilled us. Actually, the root of the word "emotion" is the Latin verb of *Moveo*, meaning "moving, leading the movement", with an E- ("E-") attachment that gives the additional value of the direction of igniter: "Move, delete". So, each of the emotions awakens the desire to act. In the fact that emotions lead to action, it is easier to make sure that watching animals or children. Only in "civilized" adults, we often find a tremendous deviation from the norm of the animal of the kingdom: emotions - the main incentives for action - they often disagree with themselves.

Each emotion from our emotional repertoire plays a unique role disclosed by characteristic biological features (more details about the "basic" emotions, see Appendix A). Having adopted new methods to "look" the body of a person and his brain, researchers open more and more physiological details of how each emotion prepares the body to completely different responses.

In a minute of anger, the blood sticks to the hands of the hands, allowing you to grasp weapons faster and easier or hit the enemy; The frequency of heart abbreviations increases, and the emission of hormones, for example, adrenaline, provides a charge of energy, which is enough for decisive action.

When a person covers fear, blood rushes to large skeletal muscles, in particular, to the muscles of the legs, helping to escape from danger; The man pale, which is happening as a result of the outflow of blood from the head (the feeling that the blood "is still in the veins"). Instantly chains the body, although not for long, probably giving time to assess the situation and decide whether it will not be better to quickly hide in a secluded place. Schemes in emotional centers of the brain launch the mechanism of hormone emission, leading the body into a state of general combat readiness,

forcing it to burn from impatience and preparing to action. **ATTENTION** Focus on the immediate threat: it is necessary to quickly and better determine what decision to take in this situation.

Among the many biological changes occurring when a person is happy, we note the increased activity of the cerebral center, which suppresses negative feelings, soothes the experiences provoking the alarming thoughts, and promotes the influx of energy. At the same time, however, no special changes occur in physiology, except that the state of rest comes. It allows the body to quickly recover from the activation of devastating emotions. Such a device provides the body with a common vacation, as well as the state of readiness and inspiration necessary to perform any urgent task and movement to new large-scale goals.

Love, tender feelings and sexual satisfaction cause activation of the parasympathetic nervous system, which is physiologically opposite to mobilization by type "Fight or save" caused by fear or anger. A parasympathetic model that duplicates the "relaxation reaction" is formed by a combination of reactions distributed throughout the entire body that create a general state of peace and satisfaction that contribute to psychological compatibility.

Raising in the surprise of eyebrows, a person increases the space covered by the look, and passes more light falling on the retina. As a result, it is possible to collect more information about an unexpected event to get the most accurate idea of what is happening and developed the best action plan.

Disgusted everywhere and expressed everywhere equally and transmits the same feeling: something in the literal or figurative sense is badly smelling or unpleasantly tastefully. The expression of a person in a person experiencing disgust - raised upper lip and slightly wrinkled nose - suggests the idea of the initial attempt, as Darwin noted, clamping his nose, so as not to feel a disgusting smell, or spit something toxic or disgusting.

The main function of the sadness is to help cope with the restless loss, such as the death of someone from loved ones or serious disappointment. Sadness entails a sharp reduction in energy. We cease to get involved in something that brings pleasure. The stronger the sadness, the closer the depression leading to the slowdown of metabolism. Such a care for himself with the accompanying self-analysis provides the opportunity to melt the loss or unfulfilled hope, to consider its consequences for further life and - with the return of energy - to start planning new beginnings. The loss of energy probably retained in sorrow, and therefore vulnerable people of the ancient world closer to the house where they were safe.

Our life experience and our culture contribute to the formation of a biologically determined predisposition to action. For example, the loss of a loved one has sorrow sorrow. But the way we discover our grief, we show or hold back emotions until no one sees us, is formed by culture. As well as what kind of people in our lives fall into the number of loved ones, whose death we mourning.

Emotional reactions were produced over a long period of evolution. It was a more severe reality than the one in which most people lived and live after the story began. In addition to the epochs, very few

babies lived to children's years and very few adults - to thirty. Predators could attack at any time, drought and floods put a man on the line between the hungry death and survival. But with the emergence of agriculture and human communities, even in the most apparent form, the chances of survived sharply increased. Over the past ten thousand years, when the achievements of civilization began to spread throughout the world, the burning of harsh circumstances restrained the growth of population, weakly weakened.

Difficulties made our emotional reactions so important for survival. The weaker the reaction, the worse the rest of the emotional repertoire are adjacent to each other. If in ancient times instantly broken anger could give decisive chances for survival, then today the availability of automatic weapons for thirteen-year-old teens too often turns its manifestations in a catastrophe.

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