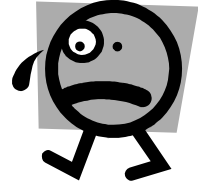


## EMOTIONS

Emotions or feelings are such a big part of our everyday. A good grade on a test can bring much satisfaction and celebration {or relief}. To be recognized for good work by your employer or associates can bring similar feelings. A much desired and anticipated call can spark a surge of adrenaline at the sound of the phone. Of course, there are other emotions by a host of names to include: rage or anger; depression or melancholy; loneliness or isolation; elation or exuberance; happiness or bliss; and so on.



Emotions occur when we care deeply about something or have a great deal of interest; or when we incur a heightened event such as a scare of some kind. Let your favorite ball team lose (if you even like sports) and you may be upset for the rest of the day or longer. Driving along calmly in the car, an oncoming car veers into you lane and fear sends a shockwave through your body. In both cases, your emotions are ignited because of your interest in your team or the shear terror of a possible wreck.

Emotions can be both an aid and an enemy of our objectives, our will, and our relationship to God and others. A general sense of happiness about school or learning contributes to better performance; but periodic sadness or even contempt for learning makes success more difficult if not impossible. Of course, the social and other aspects of school and learning must be considered as part of the overall experience; but the primary purpose of school is learning, developing, and applying knowledge. To carry the point a step further, the social aspect may be in high gear but your learning in much disarray. Your emotions and attitude are very important in school and other endeavors.

Emotions can mislead us or, if uncontrolled, can impede our judgment and decision-making. You may not feel like going to church or cleaning up your room – not because you are sick but because you would rather do something else. Sometimes these tasks must be carried-out with a sense of respect, duty and even love. Be careful about feelings; if left uncontrolled, feelings can cause all kinds of problems by confusing, misleading and deceiving you and others as well.

Emotions enable us to communicate. Conviction, compassion, and other examples of sentiment should be admired and appreciated if the cause is worthy and right; but if the cause is questionable or wrong such sentiment can be devastating for participants, followers, citizens, or loved ones. Emotions should not be used to manipulate or deceive others; and other's emotions should not be exploited or "played-on" to manipulate or control others.

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**WORD**