

Emotion- Weakness or Strength in path  
of Success

# Emotion- weakness or strength in path of success

## Emotion

In psychology, emotion is often defined as a complex state of feeling that results in physical and psychological changes that influence thought and behavior. Emotionality is associated with a range of psychological phenomena including temperament, personality, mood and motivation.

## Theories of Emotion

The major theories of motivation can be grouped into three main categories: physiological, neurological, and cognitive. Physiological theories suggest that responses within the body are responsible for emotions. Neurological theories propose that activity within the brain leads to emotional responses. Finally, cognitive theories argue that thoughts and other mental activity play an essential role in the formation of emotions.

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## Basic eight emotions are:

- Fear → feeling afraid. Other words are *terror* (strong fear), *shock*, *phobia*
- Anger → feeling angry. A stronger word is *rage*.
- Sadness → feeling sad. Other words are *sorrow*, *grief* (a stronger feeling, for example when someone has died) or [depression](#) (feeling sad for a long time). Some people think depression is a different emotion.
- Joy → feeling happy. Other words are *happiness*, *gladness*.
- Disgust → feeling something is wrong or dirty
- Trust → a positive emotion; admiration is stronger; [acceptance](#) is weaker
- Anticipation → in the sense of looking forward positively to something which is going to happen. [Expectation](#) is more neutral.
- Surprise → how one feels when something unexpected happens

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# Weakness

1. Emotions do not tell about personal talents
2. A key element is not to control emotions, but to put them aside in certain situations. Brains do not multitask, they complete one task at one time, followed by another. Who is stuck in solving his emotional conflicts, will not be able to act out his talents.