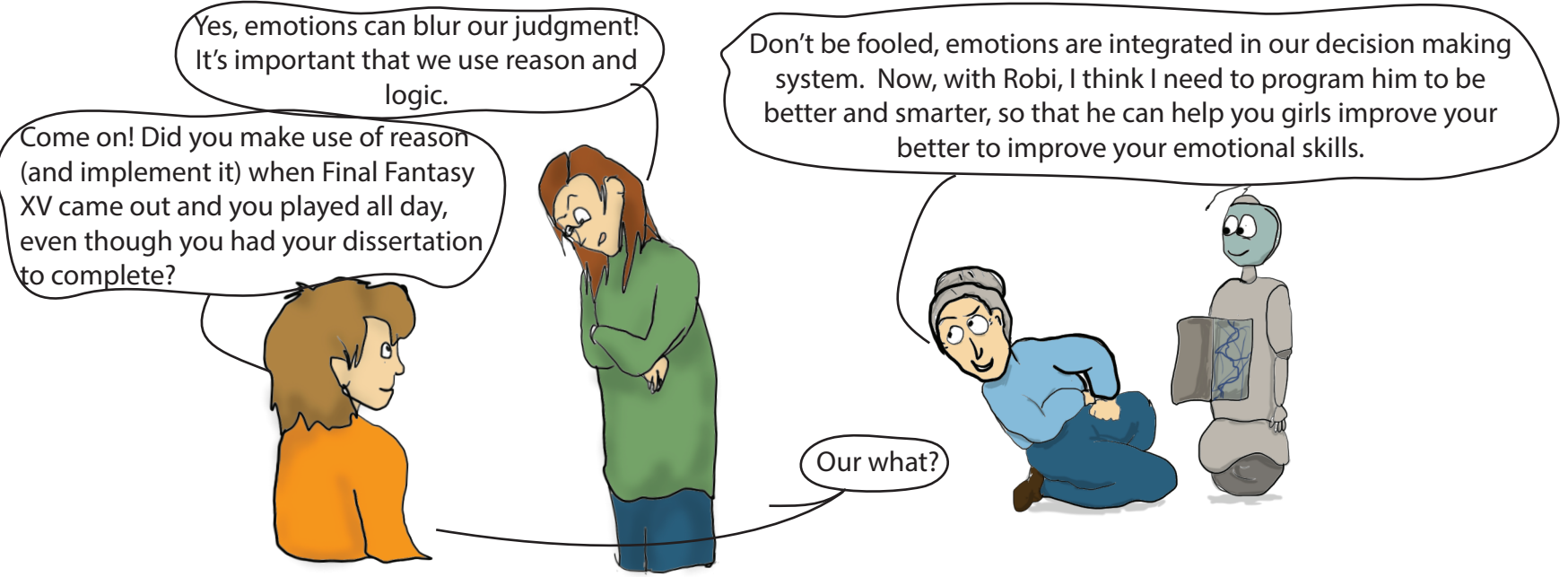


An emotion always creates a physical reaction, that's what separates emotions from feelings. 6 basics emotions were described by Paul Ekman. In his research, he stretched and warped an individual's face muscles to create fake emotions. He then presented these emotions to see if anyone could recognize them. Later on, another researcher, Jaak Panksepp described what these basic emotions aimed to achieve:

Anger: to give energy to tackle an obstacle or a challenge	Fear: to flee from danger	Sadness: to enable us to integrate into a group (again)
Disgust: to take distance from bad situations or people	Joy: to better integrate ourselves into a group	Surprise: to be prepared for an unknown event

These reactions are useful, but in certain contexts they are less desirable



* Final Fantasy XV : a video game

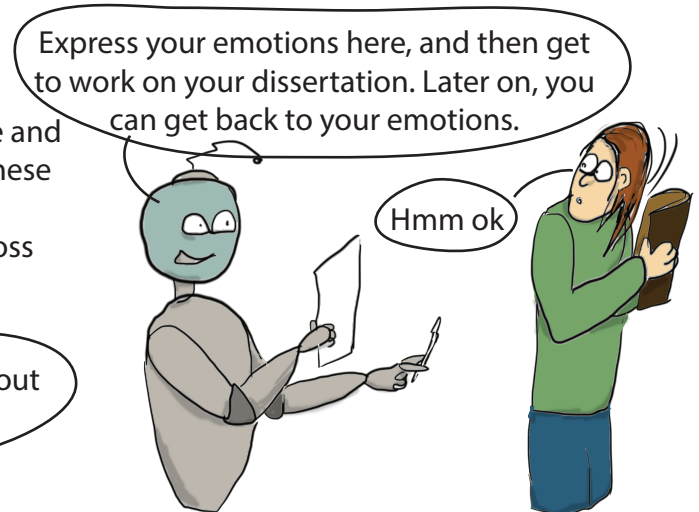
You know, darlings:

Identify To learn to identify, use, express, understand and regulate your emotions, in order to behave appropriately and effectively to each situation!, use, express, understand and regulate your emotions

An emotion is identified by the following components: cognitive, physiological and motivational.



To express Give yourself some time to express the emotion and then...

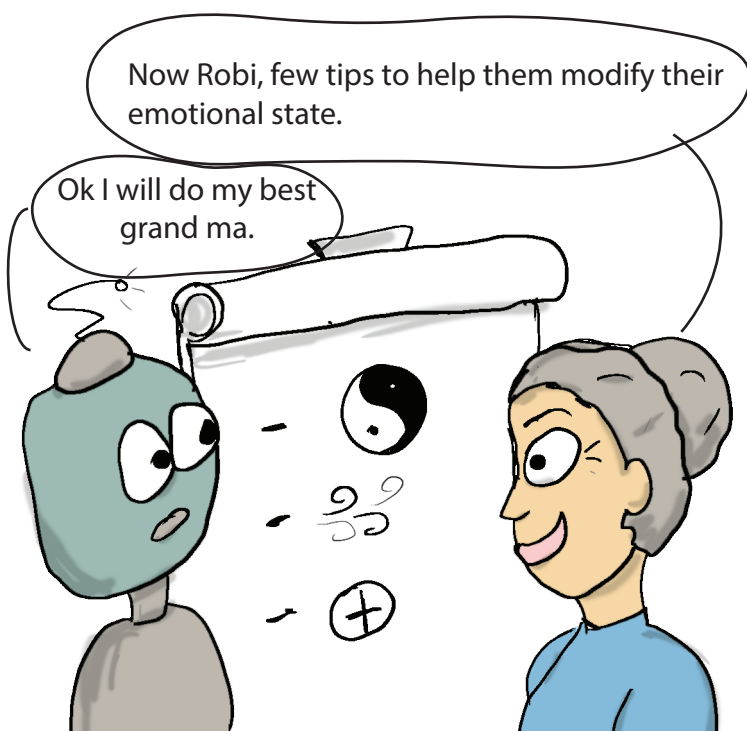
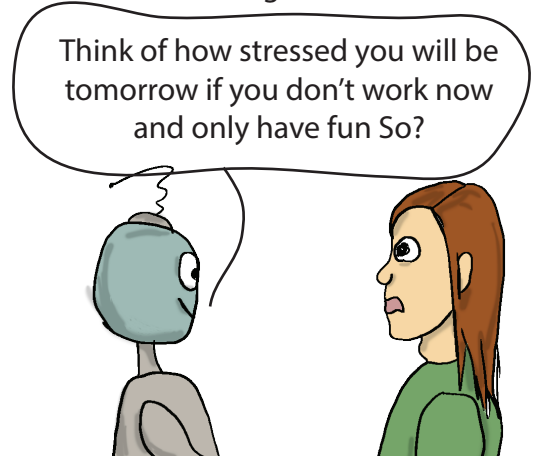


To use express your emotions to create social link.



To understand

To regulate?



If you can identify an emotion, express it and understand it, then this will make life a bit easier. Emotions are natural, and they are useful for us! However, emotions should be short-live. If they last more than few seconds then you can intervene and take control of your emotions.

There are 3 components you can use to learn to deal with your emotions: cognitive, physiological and motivational.

For example, you can:

- Cognitive: Take another point of view: what is positive or negative in the situation?
- Physiological: Control your emotional reaction: breathe, meditate, relax
- Motivational: Think and Revive in your head positives moments to compensate for a negative biological response.