

EMOTION

Our emotions often feel as though they are externally driven – yet they are self-generated. It is not the situation itself that determines what we feel, but our internal interpretation of it. This distinction fundamentally changes our scope for action.

Emotions – I use the term synonymously with feelings – are not mere reactions, but the result of our interpretation. When something does not meet our expectations, feelings arise: anger, disappointment, relief. What we tend to overlook is that emotions are learned. They are shaped by thoughts that often stem, unconsciously, from cultural or family conditioning. Emotions do not show us reality – they show us our view of it. Depending on cultural context, the same situation can trigger entirely different feelings.

Emotional management does not mean suppressing emotions. It means examining whether our reaction fits the situation – or whether it is based on distorted thinking. At the same time, emotions are valuable signals: anger may indicate that our boundaries are being crossed; shame that something truly matters to us.

Those who are willing to understand these messages can find more fitting responses – in everyday life, at work, and when dealing with emotions in challenging situations.

Articles on emotion (all articles)

- There are no such thing as negative emotions
- Think with your head, decide with your gut