

---

# UNIT 4 FEELINGS, AFFECTION AND EMOTION

---

## Structure

- 4.0 Introduction
- 4.1 Objectives
- 4.2 Emotion, Feeling and Affection
  - 4.2.1 Definition of Emotion
  - 4.2.2 Emotion and Affection
  - 4.2.3 Definition of Feeling
- 4.3 Difference between Emotion and Feeling
  - 4.3.1 Overlap between Emotions and Feelings
  - 4.3.2 Caring and not Caring about Feelings
- 4.4 Definition of Affection
  - 4.4.1 Difference between Emotion and Affection
  - 4.4.2 Approaches to Affection
  - 4.4.3 Approaches to Studying Affectionate Communication
  - 4.4.4 Affection and its Effects
  - 4.4.5 Affection as Social Help
  - 4.4.6 Signs of Affection
  - 4.4.7 Emotion of Love or Affection
- 4.5 Emotion and Thought
  - 4.5.1 Emotions are Complex
  - 4.5.2 Emotions can Direct and Control Thoughts
  - 4.5.3 Emotions and Feelings are Broad Thoughts
  - 4.5.4 Emotion is a Combination of Feelings and Thoughts
  - 4.5.5 Emotions are Derived from Feelings
  - 4.5.6 Feelings Unites with Mind to Generate Emotions
- 4.6 Influence of Value
- 4.7 Let Us Sum Up
- 4.8 Unit End Questions
- 4.9 Suggested Readings

---

## 4.0 INTRODUCTION

---

In this unit we will be dealing with emotions, feelings and affection. We start the unit with definition of emotions and bring out its important features. We discuss what is emotion and what is affection and how they are related. Then we define feelings and elucidate the characteristic features of feelings. Then differentiate between emotions and feelings and how they differ in a large number of dimensions and ways. In the process we also discuss the similarities between feelings and emotions and the overlapping aspects in them. Then we move on to affection, we first define affection and describe the same. We delineate the important characteristic features of affection and relate affection with emotions. We discuss the approaches to the study of

affection and affectionate communications. Then we put forth how affection brings about changes in the behaviour, stress etc. in individuals. We then discuss the signs of affection and affection as social help and point out how affection is important for the very survival of the human species. Then we present the emotions of love and affection emotions and thoughts and how thoughts are directed by emotions etc. We bring out the relationship between emotions and thoughts and feelings.

---

## 4.1 OBJECTIVES

---

After completing this unit, you will be able to:

- Define emotions;
- Define feelings;
- Describe the characteristic features of emotions and feelings;
- Differentiate between emotions and feelings;
- Elucidate the overlaps between emotions and feelings and the caring and non caring aspects of feelings;
- Define and elucidate the characteristic features of affection;
- Explain the different approaches to the study of affection and affectionate communication;
- Describe affection as a social help;
- Present the signs of affection and its effects on behaviour;
- Analyse the relationship between emotions and thoughts;
- Analyse the relationship between emotions, feelings and thoughts.

---

## 4.2 EMOTION, FEELING AND AFFECTION

---

Emotions and feelings: These are often spoken of as being one and the same, and it is easy to get them mixed up and confused. Although related, there is a difference between emotions and feelings, and they each serve in unique ways.

Affection: a positive feeling of liking. To give an example, “He had trouble expressing the affection he felt”; The child won everyone’s heart”. “The warmth of his welcome made us feel right at home”.

Affection means a tender feeling toward another; fondness.

### 4.2.1 Definition of Emotion

Objects evoke an emotion which is a natural phenomenon, and is essential for human survival. When an unknown thing is encountered one may have a range of reactions such as curiosity, fear etc. When this reaction to the object is given a name it attains a meaning. It is through this process emotions get attached to an object. On a daily basis these emotions can be as subtle as: “like”, “dislike” or “ambivalence”. Even a state of ambivalence is a state of meaning.

Emotions offer the sense of life itself. Emotions are an abstract, metaphysical state of mind and they are essential impressions of the world and one’s relationship with

it. Emotions establish the person's attitude toward reality, and provide the needed drive for all of life's pleasures.

Additionally, these emotions are connected to the biological systems, and are designed to alert the person of danger, or to draw the person to something pleasurable. If the person does not have emotions, he would carelessly walk right up to a lion in the forest.

Emotions provide awareness, bodily changes, interpretation and action. As the objects in the world induce emotions in a person, they are collected in the subconscious and begin to accumulate. This is especially so when the events are repeated. Ultimately they form a final emotional conclusion about life, how to live it, and more importantly, how to survive physically and mentally in a world of chaos. When this happens a feeling is born. In this way, emotions serve as a sort of, "Feelings Factory".

#### 4.2.2 Emotion and Affect

- **Emotion** is the umbrella term for all of the behavioural, expressive, cognitive and physiological changes that occur.
- **Affect** is the conscious experience of an emotion.
- **Emotional affect** is the unconscious component of emotion.
- **Non-emotional affect** is rather a vague term that just includes everything that is not an emotional affect, e.g. nausea and pain

The well-known neurologist and emotion researcher Antonio Damasio has suggested the following taxonomy:

- **A state of emotion** can be started and executed unconsciously.
- **A state of feeling** is unconscious.
- **A state of feeling made conscious** means it is the emotion and feeling made conscious
- **Affect**, then, is the conscious experience of emotion.

Davidson (2003) used the words 'affect' and 'emotion' interchangeably.

Affect is subcortical. There is a tendency among some investigators to regard emotions as largely subcortical and to sometimes also assume that cognitions are cortical.

One may also state that Affect is a Feeling or emotion, especially as manifested by facial expression or body language, but, clearly for psychologists and those in related fields, the word's technical usage has yet to settle down.

#### 4.2.3 Definition of Feeling

Feelings in a general sense, are what we may feel in any part of our body. These may be simple bodily sensations, such as hot or cold, pain, a touch or else they may be feelings associated with emotions, such as love or hate, joy or anger.

Feelings generated by mechanical or chemical means, commonly from the outside will be called 'body sensations' or simply 'sensations'.

Emotions, on the other hand, are feelings or reactions about someone or something,

and usually involving our ego. We are angry about someone, afraid of something, in love with someone. These emotions may be directly felt in the body or we may just react strongly with thoughts or verbal displays originating from our head.

This means, we may have a strong reaction without actually being aware of a feeling in the body. We may even smash something in anger without feeling the energy of the anger itself in our body. This can be termed as ‘cold anger’, a strong emotion without feeling.

A feeling is the inner body experience that we have if we can directly feel the energy associated with an emotion.

Another group of feelings are associated with energy flows within the body that we may experience during meditation, guided imagery, bodywork or other forms of healing. We may experience a part of our body become warm or tingling or notice pleasant streamings in the pelvic area, we may also feel our muscles being tense or relaxed, our head being clear or congested. These however are not emotions.

You can recognise any feeling, that is what makes it a feeling. If you are sad that is a feeling, but if you are depressed that is not a feeling it is more like an emotion. You can not identify why you are depressed but you can usually identify why you are sad.

Feelings are more immediate, if something happens or is happening, it is going to result in a feeling. However, if something happened a long time ago, you are going to think about it unconsciously and that is going to bring up unconscious feelings. This is known as emotion. So emotions are unconscious feelings that are the result of unconscious thoughts. Moods are generalised feelings usually beyond our conscious control, and often with a somewhat negative connotation.

Sentiment’ are more tender feelings but usually about something and may then be grouped with the emotions.

Desires, too, are about ‘something’ and, therefore, emotions.

Passions are generally regarded as strongly felt and expressed emotions.

Once feelings are established, they often feed back into emotions to produce the appropriate result to ensure survivability.

Take an example: Imagine you observe your child approaching an electrical outlet with a paper clip in hand. Your sustained feeling of love for your child, will generate the temporary emotion of fear, and you quickly act by yelling “No!” and swatting your child’s hand away from the outlet. Perhaps your child responds with surprise and anger, and defiantly attempts to insert the paperclip into the outlet again. Your sustained feeling of love for your child, may generate the temporary emotion of anger because your child is expressing stubbornness, and disrespect to your attempts at preserving their life.

**Self Assessment Questions**

1) Define emotions and feelings.

.....  
.....  
.....  
.....

2) Describe the characteristic features of emotions and feelings.

.....  
.....  
.....  
.....

3) What is the relationship between emotions and feelings?

.....  
.....  
.....  
.....

4) How are emotion and affect related?

.....  
.....  
.....  
.....

---

### **4.3 DIFFERENCE BETWEEN EMOTIONS AND FEELING**

---

Emotion is more similar to conscious thought than feelings are to conscious thought. Although emotion and feeling can be described as unconscious thought, one of them is going to be more similar to conscious thought. Feelings are more like sensations, when you touch something you get a feeling. Therefore feelings are faster than emotions and thought.

Emotion can be considered just unconscious thought. Actually it would better be described as unconscious feeling because you can “feel” it better and easier. However emotion is a deeper, more unconscious experience similar to unconscious thought, but emotions are also more similar to conscious thought because thought is a deep experience while feelings are intense or shallow, and not deep.

#### **4.3.1 Overlap between Emotions and Feelings**

There is a large overlap between how feelings feel and how emotions feel, they are similar in nature. So there are only a few defined emotions, but there are an infinite number ways of feeling things. You can have a “small” emotion of hate and you could say that you have the feeling hate then, if it is large you could say you are being emotional about hate, or are experiencing the emotion hate. You can have the same emotion of hate in different situations, but each time the feeling is going to be at least slightly different.

Feelings are more immediate, if something happens or is happening, it is going to result in a feeling. However, if something happened a long time ago, we may think about it unconsciously and that is going to bring up unconscious feelings. Emotions are unconscious feelings that are the result of mostly unconscious thoughts. Feelings

defined there can be identified. While you can not identify the unconscious thought that caused the unconscious feeling, you can identify the unconscious feeling itself.

There is a difference between sadness and depression. Depression lowers your mood and affects all your feelings and emotions, but sadness is just that individual feeling. So the reason that the depression affects all your other feelings is because you can no longer recognise the individual's sad emotions that caused it. The feelings become mixed. If someone can identify the reason they are sad then they become no longer depressed, just sad. Once they forget that that was the reason they are depressed however, they will become depressed again.

### 4.3.2 Caring and not Caring about a Feeling

The following is a good example of the transition from caring about a feeling to not caring about a feeling. Anger as an emotion takes more energy to maintain, so if someone is punched or something, they are only likely to be mad for a brief period of time, but the sadness that it incurred might last for a much longer time. That sadness is only going to be recognisable to the person punched for a brief period of time as attributable to the person who did the punching, after that the sadness would sink into their system like a miniature depression.

To state briefly about feelings and emotions, it may be stated as follows:

- a) both feelings and emotions are composed of unconscious thoughts,
- b) feelings are easier to identify than emotions.
- c) Feelings are faster than emotions in terms of response (the response time of the feeling, how fast it responds to real world stimulation) and
- d) it takes someone less time to recognise feelings because they are faster.
- e) Feelings are closer to sensory stimulation, if you touch something, you feel it and that is a fast reaction.
- f) You care about the feeling so you can separate it out in your head from the other feelings.
- g) You can consciously understand why you are depressed or sad, but that might or might not affect the intensity of that sadness.
- h) If the intensity of the sadness is brought up enough, then you can feel that sadness and it isn't like a depression anymore, it is more like an individual feeling than something that affects your mood and brings your system down (aka a depression).
- i) Also, if you clearly enough understand what the sadness is then it is going to remain a sadness and not affect the rest of your system.
- j) Emotions are stronger than feelings.
- k) Feelings however are a more directed focus. When you feel something you can always identify what that one thing is. When you have an emotion, the emotion is more distant, but stronger.
- l) All your feelings must feel a certain way about whatever is causing the emotion.
- m) Feelings can be defined as immediate unconscious thought and emotions as unconscious thought.

Feelings are thus products of emotions. But unlike short term, intense emotions, feelings are of low key, stable and sustained over time. Table below gives the difference between emotions and feelings.

**Table: The Differences between Emotions and Feelings**

Feelings	Emotions
Feelings tell us “how to live.”	Emotions tell us what we “like” and “dislike.”
Feelings deliver the message: “There is a right and wrong way to be.”	Emotions deliver the message: “There are good and bad actions.”
Feelings deliver the message: “your emotions matter.”	Emotions deliver the message: “The external world matters.”
Feelings establish our long term attitude toward reality.	Emotions establish our initial attitude toward reality.
Feelings alert us to anticipated dangers and prepare us for action.	Emotion alert us to immediate dangers and prepares us for action
Feelings ensure long-term survival of self. (body and mind.)	Emotions ensure immediate survival of self. (body and mind.)
Feelings are Low-key but Sustainable.	Emotions are Intense but Temporary.
Happiness: is a feeling.	Joy: is an emotion.
Worry: is a feeling.	Fear: is an emotion.
Contentment: is a feeling.	Enthusiasm: is an emotion.
Bitterness: is a feeling.	Anger: is an emotion.
Love: is a feeling.	Lust: is an emotion.
Depression: is a feeling.	Sadness: is an emotion.

The difference between emotions and feelings is crucial to one’s personal growth. If a person is dissatisfied in life, the uniqueness of the person’s feelings can provide the person with a new understanding that can lead to many positive changes for that person.

**Self Assessment Questions**

1) Differentiate between emotions and feelings.

.....

.....

.....

.....

2) What are the overlapping dimensions in emotions and feelings?

.....

.....

.....

.....

3) What is meant by caring and non caring about a feeling?

.....

.....

.....

.....

---

#### 4.4 DEFINITION OF AFFECTION

---

Affection is usually identified with emotion, but actually these are very different phenomena although closely related. Whereas the emotion is an internal individual response which informs of the survival probabilities that every concrete situation offers, affection is a process of social interaction between two or more organisms.

Considering the use that we make of the word ‘affection’ in every day’s life, it can be inferred that affection is something that can be given to others. We say that we “give affection” or we “receive affection”. This way, it seems that affection may be something that we can provide and receive. On the contrary, emotions are neither given nor taken, they are only experienced by oneself without the requirement of any other person.

We usually describe our emotional state using expressions like “I feel tired” or “I’m feeling a great joy”, while we describe the affective processes as “he gives me his love” or “I give her my trust”. Generally, we do not say “she gives me her emotion” or “ he gives me his feeling” but we say “he/she gives me his/her affection”.

But, when we use the word ‘emotion’ in relation to another person, we say “you move me” or “you produce in me such and such emotion”.

Unlike emotions, affection is something that can be stored (accumulated). We talk about holidays, for instance, as a time of “loading batteries”, having in mind a better disposition to assist our children, friends, clients, students, partners, etc.

This means that in certain circumstances, we store a high capacity of affection, the affection that we can give to other people. It seems that affection is a phenomenon like the mass or the energy that it can be stored and moved or transported.

On the other hand, our experience teaches us that giving affection is something that requires some effort. Taking care, helping or understanding another person cannot be carried out without an effort. Sometimes, we do not realise the effort made. For example, the illusion of a new relationship does not let us see the effort that we carry out to please our partner and take care of his/her well being.

To understand this, we must distinguish between our good and happy predisposition to give affection (this is a positive emotion) and the physical amount of energy that we spend when we give affection. And that positive emotion may frequently hide the efforts made.

For example, caring for somebody who is sick requires an effort and it is a way of providing affection. Trying to understand the problems of the other people is an effort



and it is another way of giving affection. Trying to please others, to respect their freedom, to make them happy with a gift, etc., are all actions that require an effort (energy expenditure) and they all are different ways of providing affection.

#### 4.4.1 Difference between Emotion and Affection

Affection is intimately related to emotions, given that similar terms can be used to express one or the other. We designate the affection received by the particular emotion that it brings us.

Affection is something essential in the humans.

None denies the necessity of affection that people have. In this sense, we all share the sensation that human species needs in great measure affection contrary to other species as cats or snakes, for example. This necessity is accentuated to the maximum in certain circumstances, for example, in the childhood and in the illness.

In summary, our knowledge of affection allows us to point out some clear characteristics:

- Affection is something that flows among people, something that one gives and one receives.
- To provide affection is something that requires effort.
- Affection is something essential for human species, especially in the childhood and in the illness.

#### 4.4.2 Approaches to Affection

The importance of affection in human social interaction has been recognised by researchers and clinicians alike for some time. For example, Rotter, Chance, and Phares (1972) referred to “love and affection” as one of six fundamental human needs. Frank (1973) and Koch (1959) both stressed the importance of affection and warmth in therapeutic interventions, and others have indicated that affection plays a critical role in developmental psychological processes (e.g., Bowlby, 1953; Harlow, 1974).

Affectionate communication is also critical for relational development and definition. Most forms of emotional expression carry some type of relational meaning in addition to their literal meaning. For example, when one relational partner expresses fear or anxiety to another, he or she is also implicitly communicating a perception of trust for the other.

#### 4.4.3 Approaches to Studying Affectionate Communication

Studies of affectionate communication have taken a number of approaches to defining the construct operationally. First, it is important to distinguish between affection and affectionate communication.

Affection represents an internal psychological state of positive, often intimate regard for another. Affectionate communication on the other hand focuses on on the communication of affection, which we conceptualise as an individual’s intentional and overt enactment or expression of feelings of closeness, care, and fondness for another. There are three approaches to operationalizing the construct of affectionate communication.

The first approach has been to measure affectionate behaviour without providing an explicit definition of the particular behaviours assessed.

Second, a more common approach has been to use observers to code the frequency of behaviours specified a priori. Early studies adopting this method focused on relatively few behaviours, most of them nonverbal. This approach is advantageous because the specific behaviours being assessed are specified, thus allowing the results to be interpreted with reference to particular behaviours.

Included in this are four classes of affectionate behaviour: (1) smiling and laughing; (2) affectionate words, such as verbal statements expressing love, praise, or friendship; (3) active affectionate physical contact, including kissing, hugging, and patting; and, (4) passive affectionate physical contact, such as sitting on another's lap.

The third approach to measuring affectionate communication is one in which participants provide self reports of their behaviours.

#### **4.4.4 Affection and its Effects**

Reaching out and touching someone, and holding them tight are all ways of saying you care. Its effects are immediate: for both, the hugger and the person being hugged, feel good.

“Touch is an important component of attachment as it creates bonds between two individuals,” says Dr Bhagat. For Malhotra, who describes herself as a friendly, warm, affectionate and demonstrative person, hugging is simply a natural expression of showing that you love and care.

Affection also has a direct response on the reduction of stress which prevents many diseases. Recent research has found that stresses that affect the brain can hurt the body at the cellular and molecular level, resulting in diminished health and quality of life. On the other hand, maintaining a positive frame of mind can help people fend off some of these stress effects, combat disease and live longer.

#### **4.4.5 Affection as Social Help**

Living beings can be divided into social and asocial species. Asocial species are those whose individuals do not need the collaboration of other individuals of their species to survive. This means that an individual of an asocial species can obtain the resources needed by itself. It exist a great number of asocial species, such as mosquitoes, crabs or blackberries.

While help and cooperation is a requirement in all social species, the humans especially need, for quite long periods of time, the collaboration of other members of their species to survive. A social individual cannot obtain by itself all the resources that it needs to survive. Without help, without cooperation of the others, an individual of a social species cannot survive. This means that a human being cannot survive alone, without the direct or indirect collaboration of other persons. Since the time the humans are born, they constantly need the collaboration of their fellow men. This social dependence has its benefits because, as a result of collaboration, the group becomes stronger and the individual has more probabilities to survive and to reproduce.

Affection is the means through which such help and cooperation are provided by members of the species to the other members. Thus affection is a kind of social help which is given without remuneration or asking in turn for something else. Then, when people usually say that the human beings need affection for their well-being, we maintain that they are referring actually to the fact that they need the help and

cooperation of other human beings to survive. That is to say, people express this need of social help as a necessity of affection. Hence, affection is considered something essential in the life of every human being. Giving affection means to help the others, provide for their welfare and procure their survival.

Sociability is, then, the result of needing the others in order to survive. Social species have very different degrees of need and social organisation.

Many species are social only during a part of their life, normally while they are young, and later they become solitary individuals.

Other species are social during all their life. Species like ants, lions or men are highly social, since they cannot survive without the collaboration and help of other individuals of their species.

Of course, the degree of social complexity and social necessity varies at length from one species to another. Within mammals, human being is undoubtedly the most social species.

Of course, there are very many ways of providing affection, given that a person can carry out a lot of diverse activities that benefit the other people.

Also, we should distinguish affective work of what we know as remunerated work. In modern societies people talk very often about work referring exclusively to that work that is made in exchange for an economic remuneration. But we shouldn't forget that work as any action that consumes energy and then, in fact, we never quit working. Even when we sleep we carry out a little amount of work.

We define affection, then, as the non-remunerated work done in benefit of the survival of other people or other living beings. Generally, this work consists of giving others, or helping them to obtain, some resources (food, territory, security or knowledge) needed for their survival.

Every individual's affective capacity is determined by its capacity to work in benefit of others in a non-remunerated way. The capacity of helping others that an individual has is limited, since it depends directly on the amount of resources he/she can obtain and on his/her work efficiency. Therefore, we can also say that the affective capacity (or social help capacity) is something that can be accumulated, that is to say, it is something that can vary in time and according to each individual, since both the available resources and the capacity of work are accumulative variables. If emotion behaves as an intensive state variable, affection does it as an extensive state variable (the total value is equal to the addition of the parts).

Lastly, the need of affection varies among individuals. This way, the most socially dependent individuals such as children, old people, sick people, etc., are groups that need more affection to survive. On the contrary, the mature individuals that have experienced an appropriate development, they need much less affection and so, they can provide more affection to the others.

#### **4.4.6 Signs of Affection**

We have expressed that affection is a necessity of all social species, since it refers to the help that any social individual needs from the others to survive.

Particularly, affective signs are expressed in a wide repertoire of genetically and culturally stereotyped behaviours, whose function is to ensure the affective readiness of the one who emits them with regard to the receiver.

Smiling, cordial greetings, signs of acceptance, promises of support, etc., they show the commitment of the person who emits them and they constitute a source of potential affection for the receiver. Both Ethology and Anthropology study profusely this type of signs or behaviours.

A social individual not only needs to ensure the support from his/her group in the present, but rather, it also needs to have some security that this support will be provided in the future. The function of the affective signs lies in satisfying this necessity. When people smile to others they transmit them the promise that they can count on them in the future. This means that they are and will be recognised as members of the group and therefore, that they are willing to provide their affection (work) when needed. The result is that the person that receives the smile experiences a positive emotion.

Nevertheless, the fact of emitting affective signs does not assure a future transmission of affection in all cases, because this will depend on the real working capacity that the transmitter has. This explains why, in practice, people that emit affective signs (smiles, greetings, promises, etc.) not always can provide the help expected. This difference between affective intention and real affection give rise to frequent and varied conflicts within the human relationships.

Thus we may state that affection is the help and collaboration from others that all social individual need to survive. Affection is provided through the execution of any type of work (non-remunerated work in the modern human species) done in benefit of the survival of another individual and, therefore, it is transferable, limited and accumulative.

#### **4.4.7 Emotion of Love or Affection**

Love or affection refers to:

- 1) A caring relationship between two people,
- 2) Desiring or participating in affection and physical intimacy, usually but not necessarily reciprocated.
- 3) A deep, tender, ineffable feeling of affection and solicitude toward a person.
- 4) Limbic Resonance.

The word “love” can refer both to an acute passionate emotion, lasting for minutes, hours, or days as well as to a lasting sentiment, enduring for years through many ups and downs. The phrase “in love” often refers to the sentiment. “Passion” describes the emotion.

*Emotions* allow us to sense the inner states and motives of the people around us. We can detect what others are feeling and rapidly adjust our own thinking, feeling, physiology, and actions to precisely match the situation. We have a capacity for limbic resonance which is a complex and rapid exchange of information, largely non-verbal, between two people about one’s own state and one’s adaptations to the other’s state.

*Limbic Resonance (Limbic resonance is a concept of empathic harmony arising from the limbic system of the brain. It was first advanced in the book A General Theory of Love (2000)*

This limbic resonance is what makes gazing into the face of another person so fascinating. Limbic resonance allows for a deep, personal connection, below the level

of consciousness. It is emotional harmony. It draws emotions into *congruence*. It is the mechanism that provides the “bonding” between mother and infant and even between an owner and his dog. Limbic resonance is the mechanism of love.

Some things in life cause people to feel and these are called emotional reactions. Some things in life cause people to think and these are sometimes called logical or intellectual reactions. Thus life is divided between things that make you feel and things that make you think. The question is if someone is feeling, does that mean that they are thinking less? If part of your brain is being occupied by feeling, then it makes sense that you have less capacity for thought. This issue is being discussed in emotion and thought.

**Self Assessment Questions**

1) Define affection and delineate its important features.

.....  
.....  
.....  
.....

2) What is the difference between emotion and affect?

.....  
.....  
.....  
.....

3) What are the various approaches to study of affection?

.....  
.....  
.....  
.....

4) Delineate the effects of affection.

.....  
.....  
.....  
.....

5) Discuss affection as a social help.

.....  
.....  
.....  
.....

6) What are the signs of affection?  
.....  
.....  
.....  
.....

7) Discuss emotion of love or affection.  
.....  
.....  
.....  
.....

---

## 4.5 EMOTION AND THOUGHT

---

A person may like something and it may cause the person to think. Thoughts thus are separate from emotions. Thinking then means one can think about emotions, as for example, “how did I feel then?” etc. Would this mean that thought requires increased attention, or is it a sharp spike in attention focused on one particular thing? It is hard to focus that much if a person is feeling a lot, however.

But there are still parts of thought that do not have feeling or emotion in them, and parts of emotion that do not have thought in them. That means thought requires more concentration than feeling does. Thought thus requires more attention, more focus, etc. If a person is feeling and is emotional, the energy that is focused on thought gets distributed to feeling and thus the focus and attention on thought become lesser than otherwise.

Then again, if a person is emotional it means that he is being attentive to his emotions, whatever they may be, and if his emotions are on something like the sun, then when he sees the sun he is going to be attentive to it, but not be thinking about it. So one can pay attention to something and not be thinking about it at the same time.

Suppose a person is thinking that sun is bad, then he is going to feel that it is bad. Thus thought and feeling are highly related. But thoughts are really clearer than feelings. Thought and feeling may result in the same amount of attention to something, but thought is more precise.

So, the more something is liked or disliked, or have any strong emotional reaction to anything, the more emotional it is, but that does not mean that it might not also cause the person to think about it. One can not label everything in life as either emotion or thought however.

Life is not a scale with emotion on one end and thought on the other. There are other factors involved, things like adrenaline and physical action, which might also cause increased attention that is not either emotional or thoughtful. When one is running or jogging he does have a lot of attention on the fact that he is jogging or running but he is not thinking about it or being emotional about it.

This means that just because one likes something one may not necessarily be emotional about it. One might like jogging, but it does not cause emotions in the person.. What does emotion mean then? Emotions are then thoughts that one can not identify. When one feels something it must be that the person is thinking about something unconsciously and has no idea what it is, usually.

So the difference between emotions, feelings and thoughts is that the person knows what thoughts are about, but he does not have as good an idea of what emotions and feelings are, because the latter are more obscure and harder to identify.

Thus it may be stated that if a person knows what is causing the emotion, it is no longer an emotion, but it is a thought.

The above would mean that all emotions have their roots in real things, and these real things can be explained with thoughts. So when we identify an emotion, it is a thought because thoughts can generate emotions, so if the emotion is still there after we identified it we would say that it falls under the category of thought, because the thought is making it.

To give an example, when we see a beautiful golden sword, we may exclaim, “Ah that gold sword is pretty”. This is an emotion, but to the conscious mind it would have no idea that we like the sword because it is pretty. All that you would know is that we like the sword and it is making us emotional about it.

Therefore, emotional things are really feelings that cause unconscious or conscious thought. Feeling is also another word for unconscious thought. By circular argument we can say that thought can be emotional.

While a person can only express a few thoughts a minute, the person’s emotions can contain endless numbers of thoughts per minute. They are however not as exact and hence do not make as much sense as thoughts do.

So thought is just a lot of attention on one little thing. And emotion is attention on lots of individual things, or possibly one thing. So things that are emotional are things that cause the person to think, consciously or unconsciously, thereby feel consciously or unconsciously.

#### **4.5.1 Emotions are Complex**

Emotions are very complex experiences and, to express them, we use a great variety of terms, besides gestures and attitudes. In fact we could use all the words of a dictionary to express different emotions. Emotion would better be described as unconscious feeling. One definition of emotion can be “any strong feeling”. Basic or primary emotions can be made up of secondary emotions such as for instance love can contain feelings or emotions of lust, love and longing.

Feelings can be described in more detail than emotions because one can have a specific feeling for anything, and each feeling is unique and might not have a name. The feeling may also be an emotion, say anger. Cold is also just a feeling. There is a large overlap between how feelings feel and how emotions feel, so there are only a few defined emotions, while there are an infinite number of ways of feeling things.

Emotion goes on and off for everyone. That is, there are degrees to which someone can be focused on and feel thought, and feel feeling. Some things in life can identifiably be more emotional than other things.

### 4.5.2 Emotions can Direct and Control Thoughts

Thought is concrete and real in the world, and emotion is something that you feel but can not visualize. Here we use intelligence. Intelligence is just the ability to do things which are real, versus feeling something, which is not as “real” as thoughts are.

The difference between emotion, feeling, thought, logic, and intelligence is that each of them requires a lot of attention. Even when one is feeling something the person’s attention is directed toward it. The answer is that everything in life eventually results in a feeling. Even emotion results in a feeling. Emotion is unconscious thoughts about things. Thought results in feelings, so unconscious thought (emotion) is also going to result in feelings.

Therefore emotion, thought and feeling are really just periods of focus on certain things. With thought you just recognise what it is that you are focusing on. With emotions you feel deeply about what you are focusing on, and with feelings you are focusing on it less.

All facts and information are going to be about things that cause feeling, however, since all things that happen cause feelings and all facts and information are about things that happen, so facts and information are just feelings organised in a logical manner. Intellect and thought also generate feelings when those thoughts are processed in the mind. This is why we say that emotions can direct and control thought. In fact when we are focusing on emotions, we cannot think properly and many times our perceptions become distorted due to our emotions. Once the emotional state is removed we are able to think more clearly as we are also able to perceive objectively and factually.

### 4.5.3 Emotions and Feelings are Broad Thoughts

Any emotion or feeling can be broken down into the sensations and real events that caused it. And you can think about any of those things (with thoughts).

A thought is thinking about something specific. You can have a thought about an entire paragraph, but it is going to be just a thought, it is going to be about one thing, and that one thing might be a summary of the paragraph, but it is still a thought.

Thoughts are in general talked about as being verbal, people rarely think of emotions and feelings as thoughts. But emotions and feelings are thoughts if you think about that emotion and feeling. The short period of time in which you think about the emotion or feeling is a thought. So thoughts can be about emotions and feelings. They are just harder to identify because they are not verbal.

Emotions, feelings and thoughts are made up of real experiences. A sound in your head is just like a sound in reality, you are mimicking the emotion that the sound in reality is causing in your head by yourself, without having the real sound be there. Just try it and think about any sound, it produces the same emotions as when the sound itself occurred outside your head.

Thus any emotion or feeling can be broken down into the sensations and real events that caused it. And you can think about any of those things (with thoughts). You can also think about those things as individual thoughts.

Emotions and feelings are so intense, that it is like you are trying to focus your attention on them. So emotions, feelings, and thoughts are all periods of focused attention. A thought is just more focused attention than a feeling or emotion. So



emotions, feelings, and thoughts are all related, they are all things that you pay more attention to. And since emotion and feelings are made up of stuff which occurs in the real world, one could label each one of those things which occurs in the real world a thought, and say that emotions are made up of thoughts, or are broad thoughts. That is, you pay attention to your thoughts, and you pay attention to your emotions, so you could say that emotions are just a bunch of individual thoughts squeezed into one thing.

#### **4.5.4 Emotion is a Combination of Feelings and Thoughts**

Emotion is such a strong feeling that it must be the combination of thoughts and feelings. If you think about it, if you combine positive thoughts and positive feelings, you're going to have a general overall greater experience, If, for instance the thoughts and feelings are on the same idea or the same thing, the person will be able to have a greater positive single emotion about that idea or thing.

Since thoughts are conscious and unconscious, emotion could be redefined as the combination of feeling and thought. There is evidence for this from the facts that you can only experience one strong emotion at a time, and you can also only think about one strong emotion at a time. That shows how emotions are pulled up by thoughts, or controlled and generated by them. It might be that this only applies to strong emotions, but it depends on each individual's definition of emotion.

Is a thought sensory input? No it isn't, you can think about sensory input, and that would give rise to a feeling of the sensation itself, but a thought is much faster in the brain. A thought is like a fast firing of neurons while a feeling or a sensation is an experience that actually takes some amount of time longer than it takes for a neuron to fire, which is the length of a short thought.

Feelings and thoughts work together; you have your present experience of the sensation, and your mental direction of thinking about that sensation. The latter part you can turn on if you want to make that natural, environmental feeling a strong one. It is hard to experience a strong feeling just by bringing the feeling up in your head, to have a strong feeling you need to have some type of direct sensory input and be thinking about that sensory input at the same time.

Emotion always precedes thought. Thought is always just going to be an explanation of emotion. Everything in the end turns out to be an emotion in your system, so therefore everything is really an emotion. When you say "I want to leave" the feeling of you wanting to leave is always going to precede the thought.

Actually first you understand what it is that you are feeling when you realise what it is you are feeling as an unconscious thought process. Then you have a more regular feeling about it, and then you are able to verbalize that feeling into a thought.

Unless something is said to you instead of you thinking it, in which case the process is reversed. First it is a thought because it is expressed that way, then it is a feeling, and then it is a quick unconscious thought process to think about what was said.

When the thing is said or thought of verbally it is most clear what the meaning is. In this way words assist understanding. This is probably because the combination of adding the stimulation of sound to the stimulation of the visual sense of the object/idea enhances understanding and forces you to think deeper about it because sound is an enhancing mechanism for thought.

Feelings are fast, you don't pause and think about them. Emotion you could say, since it is deeper, that you almost "think" about it.

Thought is also powered by feeling in other ways, as when you are nervous that you didn't understand something, your feelings then cause you to think nervous things like "do I know that too?, does he think I care that he knows that?" Those thoughts are a function of intelligence, because they are causing you to think about real things, which is what intelligence is.

Feelings are more direct than emotions and thought because they are more sensory – when you touch something you get a feeling. That shows further how emotions are really about things in the real world, only it more like you are thinking about them instead of feeling them in real time.

Things that come from memory are going to be emotions and/or thoughts, not feelings because feelings are things which are more tangible, those memories might result in new feelings, but the memories themselves are not feelings because they are just thoughts.

That shows how you can feel some things more than others, that thought and feeling are indeed separate and intelligence is sometimes driven by feelings and emotions, and sometimes it is not.

A person is always experiencing some emotion at any time, since when the present emotion fades away so another emotion will take its place and be felt by him / her. No single emotional response can be permanent. When any emotion, such as anger, is experienced the person can stay angry only for some time, eventually the anger will fade away and a fresh emotion will arise.

When emotions become intense they neutralise intellectual concerns. In fact, common negatively valued emotions such as self pity, fear, anxiety, as well as moods like depression, actually tend to inhibit rationality. To cite an example, intense anxiety seems to produce a mental fog in one's mind, making it impossible to study.

Some people might take offence if they were thought to be emotional, whereas it is acceptable for them to show feelings.

There are a multitude of emotions, but only there are three feelings, viz.,

- i) the pleasant one,
- ii) the unpleasant one, and
- iii) the neutral one.

The importance of feelings is that they help give rise to emotions, that is, the bases of all emotions are the three feelings.

The peculiarity of any particular emotion is that, whilst it is just an emotion, it is nevertheless intimately associated with specific mental attitudes and ideas that have become characteristic of that emotion

Understanding the nature of emotions has profound implications for psycho therapy.

#### **4.5.5 Emotions are Derived from Feelings**

Emotions are partly derived from feelings. To explain how this derivation occurs I use a model of consciousness that is a traditional one:

Consciousness has three modes; these are:

- will (or will power),
- mind, and
- feeling.

Past variations on this model substituted action for will, and emotion or sensibility for feelings.

In this model, I distinguish between consciousness and mind.

Consciousness is the totality of the person, whilst mind is only one feature of it. The three modes are separate, but they interlock by the production of desires and emotions.

In this model, mind has two aspects: intelligence and intellect. Intelligence links to will and to feeling, and intellect is the source of abstraction.

- Intelligence expresses the activity of the mind.
- The intellect is an indication of the degree of maturity of the mind.

Mind is the key to consciousness. Mind, in fact, is the ‘cement’ that keeps all aspects of consciousness together. Now the mind, in its aspect of intelligence, helps to produce desires and emotions. In this aspect of mind we use ideas or concepts.

Will is a pure striving, an undirected effort. When will is united with mind, it generates desire.

Desire is the activity of will directed into a mental concept.

The concept governs the use of will. The concept directs the will.

For example, will plus the concept ‘social status’ gives rise to the desire to achieve social status. Will plus the concept ‘fame’ gives rise to the desire for fame. Without the presence of desire it is very difficult to sustain the use of will; if a person tries to renounce desire then he /she is quite likely to become lethargic.

#### **4.5.6 Feeling Unites with Mind to Generate Emotions**

Emotion is the activity of feeling directed into a mental concept. The feeling energises a conceptual response to a stimulus. Feelings are primarily either pleasant or unpleasant and rarely are they neutral. Hence there are two possible conceptual responses to any stimulus, which in turn leads to two possible emotional responses.

For example, feeling plus the concept ‘domination’ gives rise to the emotions of anger and fear. Anger arises because the pleasant feeling makes domination of others acceptable to me, whereas the unpleasant feeling makes fear arise when I become subject to domination by others.

Another example, feeling plus the concept ‘identity’ gives rise to the emotions of love and hate. Here the pleasant feeling makes a social identity acceptable to me, since I am the same as everyone else. Identity produces love. The unpleasant feeling makes me reject a social identity. I prefer to be different and have an individual identity. Difference produces hate.

The mental concept that is associated with an emotion actually creates the boundaries of that emotion. If the mental concept changes, the emotion does not change and

instead, it fades away and a different emotion arises, that is the one that fits the current mental concept. The mental concepts of emotions are not normally a part of our awareness. Emotions are not unique to any particular individual, so the mental concepts that underlie them come from the unconscious mind. Since the mental concepts are unconscious they are extremely difficult to identify.

An emotion is not unique to any particular individual, so the mental concept that underlies it comes from the unconscious mind.

Now an unconscious idea has two values : it is good or it is bad. The good value generates the pleasant feeling, the bad value the unpleasant feeling. This division leads to two choices. One choice gives rise to one emotion, the other choice to its complement.

**Self Assessment Questions**

1) Discuss emotions and thought.

.....  
.....  
.....  
.....

2) How are emotions complex? Describe.

.....  
.....  
.....  
.....

3) Can emotions direct and control thoughts? Explain.

.....  
.....  
.....  
.....

4) Discuss emotions and feelings as broad thoughts.

.....  
.....  
.....  
.....

5) How do we visualize emotions a combination of feelings and thought?

.....  
.....  
.....  
.....

6) How do feelings generate emotions?

.....  
.....  
.....  
.....

---

## 4.6 INFLUENCE OF VALUE

---

No feeling is permanent. There is a constant oscillation between the positive and negative feelings. Emotions too are constantly changing, in part because feelings change, and in part due to the constant stream of ideas that flow in the unconscious mind. At the conscious and subconscious levels of mind we can focus on an unconscious idea and use it to pursue a trend or theme about something that interests us at that moment. Hence we can make an emotion last whilst we follow that trend.

We put a value on emotional experience. By either liking or disliking things, relationships, situations, etc. we put a value on them. At any particular moment we may either like or dislike something ; but this liking and disliking can take many forms.

In general then, if we are free wheeling in our thoughts, we can let our emotions be positive or negative according to whether the feeling is positive or negative. Otherwise, by placing value on our experience, we can generate positive or negative emotions as we choose. However, the generation of a positive emotion is often difficult if the feeling that is current is the negative one, and vice versa.

---

## 4.7 LET US SUM UP

---

Emotions, feelings and affection were handled in this unit. We gave definitions of emotions,. Feelings and affection and their typical characteristics. We discussed the relationship between emotions and feelings, emotions and thoughts, emotions and affection and delineated the important features in each of these relationships.

It was pointed out in this unit that feeling has upwards of twenty different meanings, and for our purposes, feeling can either refer to something experience as a result of outside stimuli reacting with one of your five senses or someone's sensibilities, attitude, or emotional perception.

Emotion is technically a state of consciousness in which various internal sensations are experienced. Emotion can be produced by a thought, memory, or external motivator and can often change our physical state.

Because of this, you could say that the biggest difference between feelings and emotions is that feelings have to be triggered by an external motivating factor whereas emotions can be completely internalised.

Feelings are thought to be experienced for short periods of time, as for instance someone jumps at you from around a corner and you will feel startled, but this feeling last only for sometime. Emotions are long term states. If you are in love, that emotion will usually last years.

Thus emotions and feelings are both sensations experienced by humans.

Feelings are triggered by external stimuli whereas emotions come from your mind and soul.

Feelings can include physical sensations as well as mental states, but emotions always come from the mind.

Feelings are often temporary and subside once the stimulus is no longer present, whereas emotions will stay with you for years because they are seated in your mind.

In review, both feelings and emotions are composed of unconscious thoughts, but feelings are easier to identify than emotions. Feelings are faster than emotions in terms of response and it takes someone less time to recognise feelings because they are faster. Feelings are closer to sensory stimulation, if you touch something, you feel it and that is a fast reaction. You care about the feeling so you can separate it out in your head from the other feelings. "You care" in that sentence could be translated into, the feeling is intense, so you feel it and can identify it easily. That is different from consciously understanding why you are depressed or sad. You can consciously understand why you are depressed or sad, but that might or might not affect the intensity of that sadness.

If you care about a feeling then it becomes easier to identify it, that is it shows how your feelings can help you to identify other feelings, so your emotions contribute to your emotional intelligence.

If a certain emotion is larger than others then to your intellect it is going to be easier to recognise, and easier to think about

---

## 4.8 UNIT END QUESTIONS

---

- 1) Define and describe the characteristic features of emotions and feelings.
- 2) Differentiate between emotions and feelings
- 3) Define affection and bring out its characteristic features.
- 4) How is affection considered to reduce stress and help survival of human species?
- 5) Discuss how thought and emotions are inter related?
- 6) Discuss influence of value in regard to feelings, emotions and affection.

---

## 4.9 SUGGESTED READINGS

---

Evans, Dylan and Pierre Cruse (2004). *Emotion, Evolution and Rationality*. Oxford University Press; Oxford

Michael Lewis, Jeannette, M. Haviland Jones (Eds) (2000). *Handbook of Emotions*, Second Edition. Guilford Press, NY

K. Floyd,(2006). *Communicating Affection: Interpersonal Behaviour and Social Context*, Cambridge University Press, UK

Rubin, Zick (1973). *Liking and Loving: An Invitation to Social Psychology*. New York: Holt, Rinehart & Winston.