

MOTIVATION AND EMOTION

Motivation typically involves _____.

Three types of motives are _____ motives. Most primary motives maintain homeostasis.

_____ include hunger, thirst and other basic motives that are affected by many factors and primarily controlled by the hypothalamus. Pain avoidance is partially _____.

The sex drive is _____-homeostatic.

The stimulus motives include drives for _____.

Optimal performance on a task usually occurs at moderate levels of arousal.

Social motives, which are _____, account for much of the diversity of human motivation.

The need for achievement is a social motive correlated with success in many situations.

Maslow's hierarchy of motives categorizes needs as _____. Self-actualization, the highest and most fragile need, is reflected in meta-needs. In many situations, extrinsic motivation can lower intrinsic motivation, enjoyment, and creativity.

Emotions are linked to basic adaptive behaviors. Other major elements of emotion are _____. _____ . Physiological changes during emotion are caused by adrenaline and the _____ (ANS). The sympathetic branch of the ANS arouses the body and the parasympathetic branch quiets it. Basic emotional expressions are unlearned. Facial expressions are central to emotion. Body gestures and movements (_____) also express feelings.

Emotions are our personal barometer, an instrument that we can use. Emotion is a _____ loop which gives you a balance check on yourself. If something is out of balance in a particular context within your beliefs, it registers disharmony. We do our best to cope or manage the emotion while feeling its presence, yet _____ because that's all what we've learned to do. It is now possible to change beliefs and negative emotions very quickly in a lasting measurable way.

Some experts say it's healthy to be a little angry, a little fearful. Everything is OK when it's just 'a little'. But when a little becomes a lot and brief moments become frequent events, the joy and quality of life is effected and we

_____ to make a change that brings joy back. But _____, you do have the power to change negative emotion. We are designed to exist in a state of joy and excitement. Negative emotions show us what we need to know or learn so we can grow _____ within us more and more.



TEXTS TO READ

Insert the sentences given below to the most appropriate gaps:

- A. *If we feel unhappy, we think we should get out or change things.*
- B. *At most other times many think it's somehow unmanly to express emotion, somehow a sign of weakness!*
- C. *They've been brought up by our society to hide their emotions.*
- D. *No other person is quite like you and so you should know that other persons have quite the same set of feelings.*

Our emotions are one of the things we use to measure our life by. If we feel happy in a certain situation, we think it's a healthy place to be. The danger is that we easily let our feelings take over from any values or common sense we have.

What are feelings – they are the emotions that rise up in us in reaction to events going on around us. We can feel happy, sad, excited, bored, anxious, embarrassed, miserable, to name just a few.

They are not thoughts or opinions arising from the mind, but sensations arising from the heart. If we say, "I feel that you shouldn't do that," we're expressing an opinion or thought and not an emotion.

Many men don't think they have any feelings. "Boys don't cry." Yet some men do! It's funny how Italian men seem to be made differently – they don't mind crying!

Men really do have feelings. If you've ever seen a football fan when his team scores a goal, you'll see some feelings surface!

Everyone has emotions. It's just that some of us push them down out of the way. Some of us do this so well that we think we're unemotional; that actually means we don't acknowledge or express them, not they aren't there.

Feelings are simply the way we respond to what's happening to us and around us. They are a sign of what's going on inside. They are also unique to us. We can't control them or make them go away. Have you ever tried making yourself feel happy, when you're miserable? It's not that easy.

How are you feeling right now? Calm, excited, bored, interested, anxious, fearful, embarrassed, irritated?

Form derivatives from the words given in brackets:

What can we do with our feelings? It really helps first of all to recognize that we really have them, to accept them in ourselves. It's OK to have strong feelings; although some of them may be uncomfortable and we'd really rather they went away.

We can share our feelings with our partner, lovingly and ... (response). "Darling, when you shout at the children, I feel angry and frustrated and sad," is a bit better than "You're always shouting at the children. You make us all feel so angry." The first ... (to state) is certainly not going to be a ... (comfort) one for them to hear, but the second one will have them straight on the defensive! You will also be putting your feelings on the children. In fact, your anger may have come because you hate conflict or, you are afraid the children will stop loving you. You may even feel concerned that you have ... (failure) to bring them up right. If you blame it all on your partner, you may be being less than ... (to honor).

When we share our feelings ... (to care), then our partner at least knows what is going on inside. They are not left guessing what the cold ... (silent) and grumpiness signifies.

When you share your positive feelings, you're helping them to know you better: "I felt so excited when he offered me the job. It's just what I wanted. I feel ... (to hope) as if the sun had just come out from behind a cloud."

Put the verbs in the brackets into the necessary Grammatical form.

Difficulties arise in our relationship, when we don't realize the power of our needs and begin to try and meet our needs in an unhelpful way. If I have a strong need for love and security, then we may place very high expectations and demands on our wife or husband. We may expect them to be forever telling us and showing us how much they love us.

For example, the woman who is very insecure may feel hurt unless her husband always ... (to tell) her how good she ... (to look). She may be constantly asking him, what he thinks of a new outfit or a hairdo and he may think her vain or shallow, when actually she's insecure. If he doesn't fulfill her needs, she may be drawn to some other man who does take notice of her.

A husband may be so insecure that he needs his wife to build his ego all the time by keeping their sex life exciting. He may put pressure on her to do things she ... (not to want). She may see him as unreasonable and demanding, when actually he's crying out for reassurance that she loves him. When things are a little dull he may judge his wife as boring and be tempted to look elsewhere.

It may be very easy to try to manipulate things deliberately to fulfill the needs we have, and try to force the relationships based on our terms not on mutual benefit. We might say something like: "If you really loved me, you'd switch that TV off and talk." This is emotional blackmail and doesn't help build strong and happy marriage.

