

What are **EMOTIONS**?

- ▶ Emotions are biological states associated with the nervous system brought on by neurophysiological changes variously associated with THOUGHTS, FEELINGS, BEHAVIOURAL responses & a degree of PLEASURE or DISPLEASURE.
- ▶ **DOPAMINE**: Feel Good hormone
- ▶ **SEROTONIN**: Happiness & Well Being
- ▶ **OXYTOCIN**: Social Bonding
- ▶ **ENDORPHINS**: Pain Reliever
- ▶ **CORTISOL**: Stress
- ▶ **MAO-A**: SAD (Seasonal Affective Disorder)
(Monoamine Oxidase A)

Story (Scenario-1)

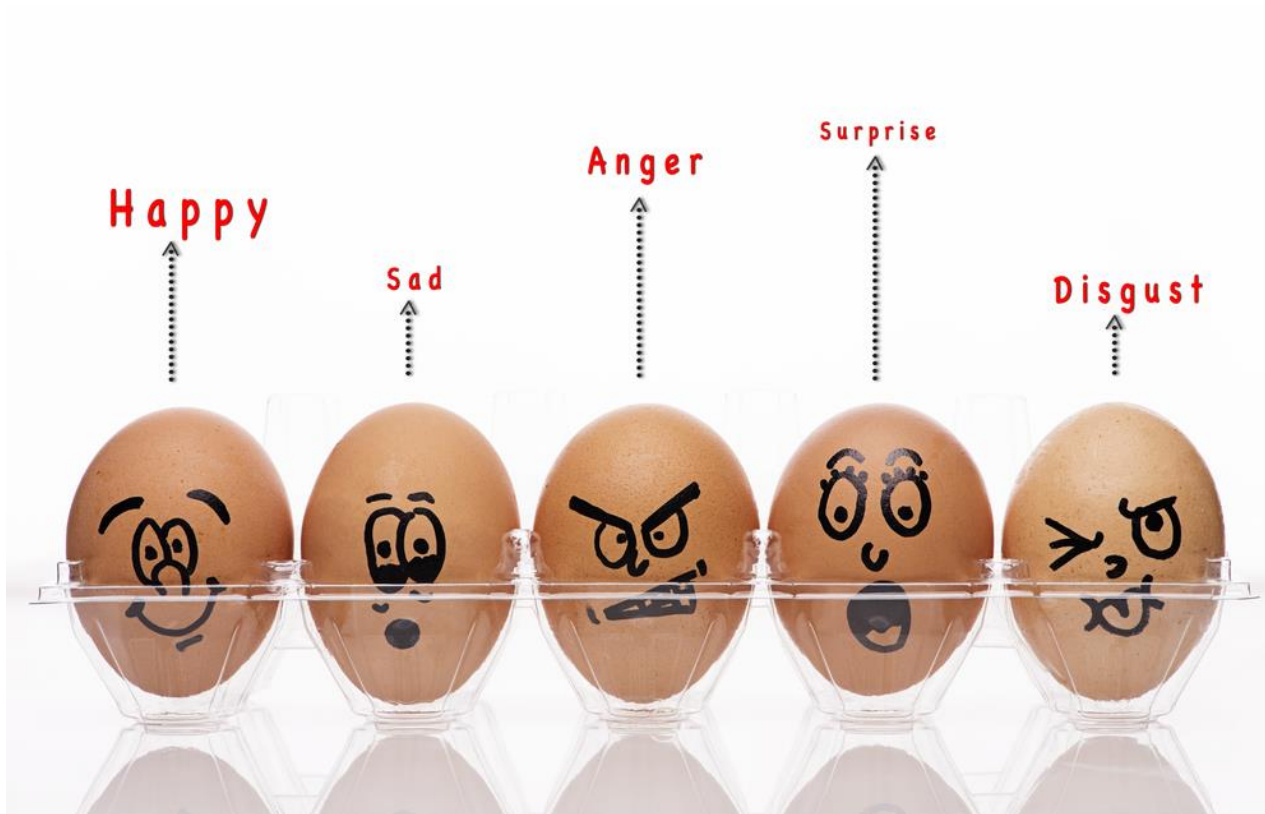
- ▶ 3 Characters: Ajay ('Husband'), Anita ('Wife') & Akash (10 year old 'Son')
- ▶ Husband a Software Engineer, works at an IT Firm, Wife is working as Senior Manager HR in a reputed Organization & Son is in 5th Std in renowned school.
- ▶ Ajay is working on a presentation since last 20 days, he has to present it to the senior management team, Anita has to manage an Exit-interview of a very senior employee and Akash is having his Unit Test Examinations.
- ▶ The Day: 06:30 AM, All on their dining table getting ready to leave, Akash's school bus comes at 06:45 AM, Anita has to catch her bus at 06:55 AM and Ajay has to leave early at 07:00 AM to give final touch to his presentation.
- ▶ By mistake Akash spills his bournvita on dad's Suit...Ajay loses his temper and starts shouting on Akash, Anita who was busy making breakfast and lunch also starts shouting on the child, Akash starts crying. In the whole mess, School Bus gets missed.

Story (Scenario-1)

The Day

- ▶ **06:30 AM:** Ajay and Akash on their dining table for having their breakfast, Askash's school bus comes at 06:45 AM, Anita has to catch her bus at 06:55 AM and Ajay has to reach early to his office, to give final touch to his presentation, he wants to leave at 07:00 AM.
- ▶ By mistake Akash spills his bournvita on dad's Suit...Ajay loses his temper and starts shouting on Akash, Anita who was busy making breakfast and lunch also starts shouting on the child, Akash starts crying. In the whole mess, School Bus gets missed. Now Ajay has to drop his child to school else his exams would be missed. Ajay reaches office late, couldn't get time for final touch, presentations doesn't go well, Anita during the exit interview loses her temper and everything goes tossed up. Needless to say how Akash's exams would have gone
- ▶ All the 3 return home after a very rough day.

What were the emotions?



Negative Emotions

- ▶ What went wrong here?
- ▶ Why Ajay got Angry?
- ▶ **Sensory Acuity** (ability to use our **senses** to make accurate observations about ourselves or other people)
- ▶ Beliefs, probably he we believed it's the only way and the right (its all at the Subconscious Level)
- ▶ An average person gets more than **60,000** thoughts in a day! Most of them negative and repetitive
- ▶ What might have happened with Ajay is the situation became a **Trigger** and he lost his temper.

Story (Scenario-2)

- ▶ Exactly the same situation...
- ▶ Same incidences happen, Akash spills bournivita on Ajay's suit
- ▶ Ajay chooses **different** approach. He says to his child, its ok dear, you have your breakfast, I will change and come. Looking at this Anita rushes from the kitchen and was about to scold Akash, but Ajay hints at her not to say anything to Akash. Akash easily manages to get his School Bus, Anita leaves in time so does Ajay.
- ▶ Ajay gets time to do the final touch to his presentation and it goes well, Anita's handles exit interview very well and Akash's exams also goes well.

What were the emotions?

Scenario-2



What exactly happens?

► Every time we REACT, two things are very important here:

1. The situation **OUTSIDE** becomes **ACTION**
2. While what happens inside is our **REACTION**

What connects these two?

Its your **THOUGHT** that connects these two. Thought triggers the **EMOTION** inside, the emotion creates the **FEELING**

Want To Know More?

► Register Now:

Take a 21 days trial course and learn how to manage your Emotions Effectively. This will help you to reduce **anxiety** and **stress**, improve relationships, empathize with others, and effectively overcome life's challenges.



Thank you!

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