

Emotion: Thought and Action: Handout

Do emotional experiences change thoughts, or do thoughts influence our emotions? Similarly, do we react because of emotions, or do our behaviours influence our emotional experiences? These are questions which emotions researchers have asked in the study of emotion. Knowing how emotions influence (or are influenced by) our thoughts and behaviours is essential in helping us understand the nature of emotions.

Instructions: Recall an incident in which you have experienced strong emotions. Complete the diagram below, providing details of the emotional experience which you have recalled. The diagram consists of three sections – ‘emotions’, ‘thoughts’ and ‘actions’, so all you have to do is fill in the blanks with details on what your emotions, thoughts and actions were during your emotional event. You can start with any section.

