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Balance Your Emotions for a Healthier Living and Not to be a Destructive One by
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What are emotions? Why do we need to feel them? Emotions were developed naturally over millions of years of evolution. Our emotions alert us when our basic human needs are not met. It has been studied that when a man's emotions get severed in the brain, he will not be able to make the simplest of decisions because he will not know how he feels when he makes the choices. Our emotions alert us when we feel uncomfortable talking to a person. If we realize this emotion and confidently express ourselves, we will be able to communicate our intentions to the other person thereby setting the boundaries. Emotions are a mode of communication. When we feel lonely our facial expressions would reflect sadness and this means we would be signaling for a companion. If we need to experience happiness, we need to feel happy from within and the only way to achieve joy is by knowing what our emotional needs are.

Every human being has some basic common needs. Say for instance we all need to feel respected and loved. However just like how a plant may sometimes need more water and than sunlight. We as individuals have different emotional needs. In most of the dysfunctional families the core reason is the emotional needs of the person not being addressed or met. Even in schools, the problem occurs when teachers think that all students have the same emotional needs and so they are pressurized to complete their work all at one time. One of the problem with teenagers is that they feel emotionally neglected, bored and over controlled.

Primary and Secondary emotions

Primary emotions are what we feel initially and the secondary emotions are basically where our primary emotions lead us to. Let's consider Anger which is a secondary emotion. It arises when we are insulted, pressured or cheated. When these primary feelings are less intense, we cannot say we are angry. But when the level of intensity of these feelings increases, then we can say we are angry. So, to sum it up we need to identify our primary emotions and solve them first in order to get rid of unwanted secondary emotions.

Anger as an emotion is neither good nor bad. It is perfectly alright if you are angry. The only problem arises when it becomes a regular habit and affects your personal life and your peers. This is the story of a young man who went for a vacation to Germany to meet his girl friend and it was supposed to be a romantic vacation. But he was taken by surprise for the girl waited at the airport with a young boy saying that he was her ex- boyfriend and that they were reunited. The young man was taken aback. That night he lay on his bed holding a glass of wine. When he looked at the glass, the word that immediately struck his mind was 'destructive.' Then he said to himself that it was not a healthy feeling. Slowly he inhaled a deep breath and composed himself. Similarly we need to question ourselves as to what needs to be done in order to achieve long lasting happiness. The other day a quarrel broke between my neighbors and they went to the extreme of hurting each other and finally one of them had to install the security system from ADT Home Security Systems.

There is a better way of communicating negative feelings. First of all you don't need to be dramatic. You should not bottle your feelings to such an extent that they explode one fine day. Try to keep it as brief as possible because the more you talk the more will be the intensity of bitter feelings. Do not try to blame or make the other person feel guilty. Try to express what you feel deep inside your mind. You have to ask how the other person feels. These tips will go a long way in helping you manage negative emotions. As the saying that goes "The best and most beautiful things in the world cannot be seen or even touched. They must be felt with the heart" learn to enjoy your emotions and

be in control of them.

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Tina is a freelancer and has a passion for human psychology. She loves to research on preventing human emotions from being a destructive force and relates with security systems such as a [ADT Home Security Systems](#), that gives protection to our property.

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