

Emotions communicate to (and influence) others

- Facial expressions are a hard-wired part of emotions. In primitive societies and among animals, facial expressions communicate like words. Even in modern societies, facial expressions communicate faster than words.
- When it is important to us to communicate with others or send them a message, it can be very hard for us to change our emotions.
- Whether we intend it or not, the communication of emotion influences others.

Emotions organize and motivate action

- Emotions motivate our behavior. The action urge connected to specific emotions is often "hard- wired." Emotions prepare us for action.
- Emotions save time in getting us to act in important situations. We don't have to think everything through.
- Strong emotions help us overcome obstacles in our mind and in the environment.

Emotions can be self-validating

- Our emotional reactions to other people and to events can give us information about the situation.
- Emotions can be signals or alarms that something is happening.
- When this is carried to an extreme, emotions are treated as facts.
