

Download Emotions Revealed : Recognizing Faces And Feelings To Improve Communication And Emotional Life

Recent work in the area of ethics and animals suggests that it is philosophically legitimate to ascribe emotions to animals. Furthermore, it is sometimes argued that emotionality is a morally relevant psychological state shared by humans and non humans. Emotions are an incredibly important aspect of human life and basic research on emotions of the past few decades has produced several discoveries that have led to important real world applications. We feel guilt when others have reason to think poorly of us. We are guilty when we harm others, we feel guilty when we recognize that harm. Guilt encourages us to obey the golden rule and act compassionately. Antidotes. Harmful mental states related to pride can be extinguished by appreciating the achievements of others, becoming aware of our own shortcomings, and working to increase our genuine stature.