

# NEGATIVE EMOTIONS: THE MECHANISMS TO DEAL WITH IT

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## Abstract

*Emotions are deep rooted in our life since the day we take our first breath. What we feel and what we emote are not always the same and it is there that our ability to feel and respond is taken for granted. Very seldom we pay attention to our feelings. But the fact is that it does affect us mentally and physiologically.*

*In this paper the Negative emotions will be talked about. It will study the causes of negative emotions and analyze the effects of negative emotions. But at the same time it will lead to the creation of mechanism to deal with Negative emotions in a better way and can have a better sense of wellbeing.*

*Every emotion conveys something or the other. There are exhilarations' and there are gloomy ones of our emotion. Since in this paper we are talking of negative emotions we shall focus on them like, anger, guilt, annoyance, despair, apathy, fear and hence forth. They drive us towards distortions. We do want to run away from sadness and negative emotions. We do make effort for it. Fact is that not all emotions are obnoxious. Sometimes few negative emotions help us to motivate ourselves, take challenges, guilt help us to improvise, higher level of anger help us to resort to meditation and so on. One has to explore different mechanisms of mindfulness. It enables to reframe the feelings and emotions. Mindfulness further helps to find the mental peace and start doing things in a positive way.*

**Key words:** Negative emotions, Mechanism, Deal, Effects, Causes.

## INTRODUCTION

Emotion and feelings are different from each other. Emotions are considered as our bodies' responses to external stimuli and feelings are mental associations and reactions to these emotions. The main difference between emotions and feelings is that emotions are physical states whereas feelings are mental associations. In a layman term we can understand emotion as any strong feeling like that of joy, sorrow, or fear.

It is a conscious mental reaction experienced as a strong feeling towards a specific object and typically accompanied by physiological and behavioral changes in the body or a state of feeling. Emotions have influence on how we live and get along with each other; it is like we are ruled by our emotions. The perceptions we hold, the choices we make and the actions we take are all governed by our inner emotions.

In simple words we understand positive emotions as the pleasurable experiences that we come across in some situations. They make us feel good for some specific time duration. We do not carry it for too long along with us. But when it comes to negative emotions it has a long term effect on us. Since our mind remains tied up to negative thought for too long. We do not get rid of it too easily and early. As we know that negative emotions are taken to be unpleasant and undesirable experience, it becomes difficult to forget it and we start carrying baggage of ill thought process. In the study we will focus upon the negative emotions, its causes, effects and mechanism to deal with it. It will merely be a manifestation of an idea to comprehend it as well as deal with it.

**Meaning of Negative emotions:** Negative emotions can be understood as any feeling which causes us to be miserable and sad. These emotions make us dislike ourselves and others. It further reduces our confidence and self-esteem, and general life satisfaction. Emotions that can become negative are hate, anger, jealousy and sadness etc.

Emotions aren't necessarily good or bad, they are just states and signals that allow us to pay more attention to the events that create them, either to get us motivated to create more of a certain experience or less. Unlike some emotions, they're not always pleasant to experience, but like most emotions, they exist for a reason and can actually be quite useful to feel.

## FEW INSIGHTS

Rosen, (2008) has put forward that Anxiety is often seen as a negative emotion but he said that it is necessary as it puts us into action. We are able to respond to a certain situation because of anxiety only. At the same time we should also try to keep it in checks, as prolonged anxiety can impair our cognitive functioning.

Schwarz and Clore (1996) conceptualized the role of our emotions in how we make judgments about our environment. They developed a theory of 'feelings-as-information' and put forward the theory that our emotions provide us the feedback in terms of the safety of our environment and our ability to deal with given situations. In this respect, negative emotions provide us with the strongest indication that something is not right, or that our safety might be compromised.

Rozin et al. (1999) studied emotions in cultural contexts and they explored feelings of contempt, anger and disgust, and their impact within American and Japanese communities on moral codes such as community, autonomy, and divinity.

Appraisal theorists, Lazarus, 1991, Roseman, 1991, and Smith and Elsworth, 1985, have emphasized the role of perception of potential threats. They found that people feel angry when they view an event or situation as personally relevant to them, inconsistent with what they are trying to achieve and when this is caused intentionally by another person.

Biswas-Diener and Kashdan (2014) have written an entire book on the positive motivation that negative emotions can move us towards. They see negative emotions as motivators that help us to attend and correct behavior and take action.

### Causes of Negative Emotions

Negative emotions like fear, self-pity, envy, jealousy and anger hold us back, tie us down and suck the joy out of life. How to combat these killers of joy? Solution is that we have to go to the root causes. These emotions cost us more than joy, therefore we must go to the roots. There are various facets of the negative emotions like;

**Exculpation** – Negativity always stays as long as we can convince ourselves that we are going to be angry or jealous or fearful. People stay unhappy throughout as they start believing in unhappiness as the endless process of their situation.

**Rationalization** – It is said, "Self-deception" which means that just because we survive in our egos that we pretend at every step of being righteous and we suffer through it. But do become unbearable after a point of time.

**Blame game** – We spend immense time blaming others for every little thing and all the while what we do? We fall deeper into negativity and emotional turmoil. In fact the entire blame game forces an individual more into the pit of negativity.

**Lower Self-respect** – Being sensitive to others opinions and mean things they don't actually mean. This behavior destroys relationships and creates negative energy. The negative self talk is stricken in this situation, so to learn to change the mental conversation helps to change the issue of lower self-respect. Overcoming all these issues can really be a challenge.

When it comes to succeeding in life, your greatest enemy is hidden in your mind, in a form of negative emotions. Negative emotions are one of the main causes for self-doubt, dissatisfaction in life and looking for excuses for not doing something. Therefore one has to determine the root cause of negative emotions.

### 1. Comparing you to others.

On the social Platform, it has become very easy and tempting to get bombarded with highlights of other people's lives. Nobody share their insecurity and obstacles. So one gets acquainted with best parts of others' lifestyle and compare it one's own worst moments, which is truly depressing. The fact is, comparing yourself to others doesn't serve you well. It's ineffective to make an in-depth analysis in your mind based on peripheral outlook. They may still have doubts and problems, but they do not display that part of their external self. So it should be an effort that when you compare yourself to others, you should give up doing it immediately. The only person you should measure yourself with, is your past self.

### 2. Perpetual negative affirmations.

Negative affirmations can literally paralyze your ability to become happy and successful. Once you repeat them on and on, you start believing in the wrong vision you created in your mind. Your brain is a powerful tool, but for most of the people, it works against you. One has to make some effort, by replacing negative thoughts with positive affirmations. Luckily, the same rule applies to positive affirmations: repeating them over and over again makes you believe in the positivity.

### 3. Under-estimating your abilities.

One should never underestimate own potential and one's own abilities. Assume that you can do it and just go for it. In case you flunk, it's not permanent failure. It simply means that you will have to put in more effort to be successful. When you underrate your competencies, it will further enhance self-doubt and will lower your self-respect. Try to mute the negative inner voice and listen to the reasons why you can do it. It will surely impact your confidence and remove the negative energy from your mind.

### 4. Avoid taking full charge of everything in life.

You cannot take full charge of your life, since things happen in life as per its time and as per the destiny. You cannot hold yourself responsible for everything that goes wrong. Whatever is destined to happen, it happens. If you carry negative thought baggage for every wrong in your life, you will continue to be distressed. This will keep you unhappy throughout.

### 5. Surrounded by Negative people.

One of the best ways to do away with the negative emotions is to spend more time with cheerful people. Your surrounding has a huge impact on your thoughts and actions. If you surround yourself with intelligent people, you'll soon become one. If there are only negative folks around you, eventually you'll spread the negativity just like they do. That's why you should pay attention to your surroundings. So avoid such associations and try to be in the company of positive people.

### 6. Pretentions.

When we socialize we pretend things, which are not true. Through socialization, we adopt an unnatural need to look for the external stimulants in a form of others' approval. We carefully analyze our behavior so that we aren't judged and pointed out by the society. Masses aren't always authentic. The disapproval is normal; learn to be fine with it. Don't be slave to what people perceive about you. You are you, accept yourself.

### 7. Don't Say 'yes' when you mean 'no'

You should learn to say no at the right time, at the right place and with the right person. It is not necessary to do things when your own guts do not permit it. We are not the puppet in anyone's hand and therefore do things that you feel like doing and things which should be done. It is a sign of matured individual to say no at the right moment. If you do not say no at the right time then you end up being in unnecessary obligations, negative emotions and the like. So be clear in your conscience and thought. Choose between "yes" and "no" properly as an indicator of self-respect and confidence; which are one of the key elements for positivity in life.

### 8. Contemplating about your past mistakes

Bygones are bygones; whatever things you did in the past will stay in the past. There's no need to regret your past mistakes. Instead, learn from your mistakes and make sure not to repeat them in the future. We can't turn back the clock, so stop thinking about past. It will give you negative emotions of regrets. Making mistakes is a human nature; the real mistake isn't when you do it, but when you do not correct it.

#### Effects of Negative Emotions:

Anger, fear, resentment, frustration, and anxiety are emotional states that many people experience regularly but try to avoid. And this is understandable; they are designed to make us uncomfortable. These negative emotional states can create extra stress in your body and your mind, which is uncomfortable but also can lead to health issues if the stress becomes chronic or overwhelming. Nobody likes to feel uncomfortable, so it is natural to want to escape these feelings, and the dangers of unmanaged stress are real. However, there is a feeling that people sometimes have that these emotions will last forever or that the feelings themselves are the problem.

More often, these feelings are beneficial because they can also send us messages. Anger and anxiety, for example, show that something needs to change, and perhaps that our well-being has been threatened. Fear is an appeal to increase your level of safety. Resentment motivates us to change something in a relationship. Frustration does as well. Basically, negative emotions are there to alert us that something needs to change and to motivate us to make that change.

Positive psychologists also argue that while there are many benefits to positive emotional states like hope, joy, and gratitude, there are also negative effects that can come from them. Optimism, for example, has been linked to many beneficial outcomes for health and happiness as well as personal success. Unchecked optimism, however, can lead to unrealistic expectations and even dangerous risks that can lead to loss and all of the negative feelings that can come with it. More uncomfortable emotional states like anxiety, however, can lead to motivation to make changes that can create more success and avoid danger. Negative emotions are designed to keep us safe and to motivate us to improve our lives, just as positive emotions are. It leads to Mindfulness, which further helps to find the mental peace and start doing things in a positive way.

**The most commonly felt negative emotions are:**

- Fear.
- Anger.
- Disgust.
- Sadness.
- Rage.
- Loneliness.
- Melancholy.
- Annoyance.

**Mechanisms to deal with Negative Emotions**

Emotions can become habits that have been formed through repetition. As such, negative emotions can become something that infiltrates your everyday life. Do you get annoyed easily and become bitter with people? Do you feel down and low? Is anger your natural response to something? If you answered 'yes' to any of these questions, you have been enslaved to negative emotions. You need to learn to stay away from such tyranny of negativity. Absorb the mechanism to deal with the negative emotions that can pave a way towards healthy mind-'Mindfulness'.

**Don't Absolve**

Stop absolving your annoyance and your anger. This means that don't give reasoning as to why you have been angry or as to why have you become so irritable. You are not entitled to be negative so don't be. You are solely responsible about your own self. Since nobody would willingly like to be cranky of Men or Women in future. You will have to stop justifying your anger and your annoyance to your own self. It will make people come close to you and all around you the things will be joyous.

**Do not make Excuses**

You should stop making excuses be it for self or for others. If you make excuses it will pose to be dangerous for yourself. So try to rationalize your actions and do not try to show your anger towards anyone and in any manner. If you do then it will make things miserable over the period of time. It will drive people away from you and nobody will be left to care about you. So do not make yourself a victim and do not make excuses.

**Start Taking Responsibility**

Once you have stopped making excuses, it is only after that, you start taking responsibility of yourself and your actions. As you start taking responsibility, you will start being away from negative emotions and it will no longer hold you back. You should own your problems, your actions and then stop blaming other people. This is called being 'happy'.

**Define yourself**

Your identity is what you define yourself. Don't let people judge you. It should be in your hands to define yourself. If you are defined through others, you are far more likely to be miserable. This is because as soon as you hear anything negative, you're likely to react with anger and embarrassment. You may feel inferior or you may indulge in self-pity which leads to depression. So give no heed about what people say about you. It is only then you will be better off in your mental status.

**Renounce Negative Habits and ignore bad influences**

Renounce those things in your life that brings you down. Leave the company of the people who are negative most of the time. You should try to ignore any such bad influences. These influences will do no good but instead it will ruin you. Do away with such behavior that irritates you or that easily fosters anger within you. It is high time to renounce negative habits and ignore bad influences.

**Think before you react**

There are certain questions that you have to ask yourself before reacting negatively. You will surely get answer whether is it worth getting angry or upset over anything, if not then by no means you have to suffer being upset, angry or depressed. You can evaluate or analyze the consequences of negative actions. So calm yourself.

**Be thankful**

One should be thankful for what one has instead of being continuously sad and gloomy. Think about what things or people you have in your life that you can be thankful for? Take a start to define your life by all the goodies you have in your life, as opposed to the bad. Get into the habit being thankful every day.

### **Eliminate inability from your lexicon**

Do not place limitations on your abilities. In fact you should eliminate the word 'inability' from your lexicon. There is nothing in this world that can take you to stay back; unless it is next to impossible. Take things in your own stride, to show your hidden inner potentials to exhibit your abilities. The moment you eliminate inability from your lexicon, your negativity will subside gradually.

### **Avoid negative emotions**

You should learn to just let go such emotions which are negative in nature. If you hold on to them, then it will affect your health, as you apply such negative emotions to every small thing that goes wrong. These emotions will make you unhappy forever. You will never be able to come out of this vicious circle. So never try to be a residence of the town of negative emotion. Therefore avoid negative emotions and be happy.

### **Recognize the Power of Emotions**

We assume ourselves as rational beings, but we are not. We usually do things in the heat of the moment and later we regret over the same. Therefore be aware of such emotions that take charge of you and your life. It is now that you take charge of your own emotions by recognizing its power.

### **Emotions does not always represent the truth**

We might sometimes feel that we're a failure or that we're unloved or that we're stupid, but that doesn't mean it's true. Our feelings color our perception into reality. We need to understand, however, these feelings can misrepresent the reality. So never get carried away with such illusionary negative emotions.

### **Ask for Support**

We all need emotional support in our lives. There is nothing wrong in taking help or support of the close people to help you in your distress. If we want to make any significant change in our lives, we'll need the support of the people. We are all social animal and therefore expression, sharing and getting along with each other is essential part of our life. So we should ask for support from people around us. It will help to curb down our lonesomeness and depression.

### **Live in today**

When you live in your today you will not carry baggage of your yester year's deeds. When you crib about your unpleasant past, you remain in the same mode of sadness, melancholy and distress. So shun off the unpleasantness of the days gone by. Live and let live in your today. Let yourself be free of any ill-feeling that drenches you in the rain of unhappiness.

## **CONCLUSION**

Emotions are things of exquisite beauty. They form a huge part of what makes us human, and they enable us to be fully alive. Life would be incredibly dull if we weren't able to experience such a breadth and depth of emotions!

But if we allow our emotions to swing us around wildly, we'll end up hurting others and damaging relationships. We all are on a journey of keeping our negative emotions in check; so that we can lead life of even greater abundance. The effect of negative emotions can be devastating and if we check our negativity we surely will win over the sadness, depression, melancholy. The Mechanisms to deal with such emotions which are negative in nature makes an individual to successfully come out of such phase. Hence on a concluding note we can say that there are varied causes and effects of negative emotion but when we sincerely work upon our own-self we can win over it by treating ourselves. Negative emotions are not always bad, sometimes they lead or way out of our own woven web of depression. It can lead us towards mindfulness.

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