



ERASMUS+ KA220- YOU – Cooperation partnerships in youth.
“CURIE – Changes for youth education in relationship management with Emotional Intelligence” - 2023-1-IT03-KA220-YOU-000160281

SKILL 7: EMOTION EXPRESSION

Theoretical concept:

As Aristotle said: *Getting angry is easy; but doing it with the right person, at the right time, and in the right way and intensity, is an art.*

Emotional expression is essential for the development of personal and social well-being. According to Bisquerra (2003), emotional expression is one of the key competencies within emotional intelligence, as it allows us to manage emotions appropriately and, in turn, establish more satisfying and healthy relationships. Goleman (1995), for his part, emphasizes that the ability to express emotions is directly related to the development of social skills and the improvement of interpersonal communication.

1. Reasons why it is important to express oneself emotionally:

- **Promotes emotional well-being:** Expressing emotions helps prevent them from building up and causing negative effects such as stress, anxiety, or even somatization. Bisquerra and Pérez (2007) point out that proper emotional expression helps channel feelings constructively, helping to maintain emotional balance.
- **Improves interpersonal relationships:** Goleman (1995) explains that emotional expression is a foundation for empathy and social skills, as it allows others to understand our emotional needs. This improves the quality of human interactions, reduces conflicts, and fosters more positive and stable relationships.
- **Increases self-understanding:** Emotional expression not only benefits our relationships but also helps us understand ourselves better. According to



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Salovey and Mayer (1990), expressing emotions requires identifying and reflecting on what we feel, which strengthens self-awareness and emotional regulation.

- **Facilitates conflict resolution:** According to Bisquerra (2003), expressing emotions assertively is key to addressing disagreements and interpersonal problems constructively, avoiding impulsive reactions or avoidance behaviors.
- **Reduces emotional burden:** Holding back or repressing emotions can create internal tension. Gross (1998) points out that proper emotional expression helps release tension, prevent emotional burnout, and promote overall well-being.

2. Types of Emotional Expression

1. **Verbal:** Expressing emotions through spoken or written language.
 - *Example:* Saying "I'm so happy for your achievement" or writing a letter expressing gratitude.
2. **Non-Verbal:** Using gestures, body language, facial expressions, and tone of voice to communicate emotions.
 - *Example:* Smiling when you are happy, frowning when you are angry.
3. **Behavioral:** Expressing emotions through actions or behaviors.
 - *Example:* Giving someone a hug to show support, going for a run when you are stressed.
4. **Artistic:** Using art forms such as music, painting, dance, or creative writing to express emotions.
 - *Example:* Composing a song about an emotional experience, painting a picture to express sadness.



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3. Techniques or Strategies for Emotional Expression

- **“I” Statements:** Use first-person statements to express your feelings and needs without blaming others. For example, "I feel frustrated when my deadlines are not respected because it affects my work."
- **Emotional Writing:** James Pennebaker (1997) highlights the benefits of writing about what we feel, as this practice helps organize thoughts and release repressed emotions. Writing a journal or drafting letters (even if they are not sent) can be an effective technique. Malchiodi (2005) points out that activities such as drawing, painting, or sculpting allow us to express complex emotions, especially when it's difficult to put them into words.
- **Assertiveness:** According to Alberti and Emmons (2001), assertiveness is the ability to express feelings and needs clearly, directly, and respectfully. This technique fosters self-confidence and improves interpersonal relationships. In skill 7, you will explore this concept further.

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