EMOTIONAL EXPRESSION
1. DEFINITION AND IMPORTANCE
EMOTIONAL EXPRESSION
KEY COMPETENCY
ESSENTIAL FOR PERSONAL AND SOCIAL WELL-BEING.
ROLE IN MANAGING EMOTIONS
HELPS IN MANAGING EMOTIONS APPROPRIATELY AND FOSTERING HEALTHY RELATIONSHIPS (BISQUERRA, 2003).
LINK TO SOCIAL SKILLS
DIRECTLY CONNECTED TO IMPROVED COMMUNICATION AND SOCIAL SKILLS (GOLEMAN, 1995).
PROMOTION OF EMOTIONAL WELL-BEING
PREVENTS BUILDUP OF NEGATIVE EFFECTS LIKE STRESS AND ANXIETY (BISQUERRA & PÉREZ, 2007).
IMPROVEMENT OF INTERPERSONAL RELATIONSHIPS
FOSTERS EMPATHY AND UNDERSTANDING OF EMOTIONAL NEEDS (GOLEMAN, 1995).
REDUCES CONFLICTS AND BUILDS POSITIVE CONNECTIONS.
INCREASE IN SELF-UNDERSTANDING
REQUIRES IDENTIFICATION AND REFLECTION ON FEELINGS (SALOVEY & MAYER, 1990).
STRENGTHENS SELF-AWARENESS AND EMOTIONAL REGULATION.
FACILITATION OF CONFLICT RESOLUTION
ENABLES ASSERTIVE COMMUNICATION IN DISAGREEMENTS (BISQUERRA, 2003).
HELPS AVOID IMPULSIVE REACTIONS.
REDUCTION OF EMOTIONAL BURDEN
RELEASES INTERNAL TENSION AND PREVENTS EMOTIONAL BURNOUT (GROSS, 1998).
2. TYPES OF EMOTIONAL EXPRESSION
VERBAL EXPRESSION
DEFINITION
VERBAL EXPRESSION INVOLVES USING SPOKEN OR WRITTEN LANGUAGE TO COMMUNICATE FEELINGS.
EXAMPLES
SAYING "I'M SO HAPPY FOR YOUR ACHIEVEMENT" IS A VERBAL EXPRESSION OF HAPPINESS.
WRITING A LETTER EXPRESSING GRATITUDE IS ANOTHER FORM OF VERBAL EXPRESSION.
NON-VERBAL EXPRESSION
DEFINITION
NON-VERBAL EXPRESSION USES GESTURES, BODY LANGUAGE, FACIAL EXPRESSIONS, AND TONE OF VOICE TO CONVEY EMOTIONS.
EXAMPLES
SMILING WHEN HAPPY IS A COMMON NON-VERBAL EXPRESSION.
FROWNING WHEN ANGRY ILLUSTRATES ANOTHER FORM OF NON-VERBAL EXPRESSION.
BEHAVIORAL EXPRESSION
DEFINITION
BEHAVIORAL EXPRESSION INVOLVES EXPRESSING EMOTIONS THROUGH ACTIONS.
EXAMPLES
GIVING A HUG TO SHOW SUPPORT IS A BEHAVIORAL EXPRESSION OF CARE.
GOING FOR A RUN WHEN STRESSED IS A BEHAVIORAL WAY TO COPE WITH EMOTIONS.
ARTISTIC EXPRESSION
DEFINITION
ARTISTIC EXPRESSION USES VARIOUS ART FORMS TO CONVEY EMOTIONS.
EXAMPLES
COMPOSING A SONG ABOUT AN EMOTIONAL EXPERIENCE IS A FORM OF ARTISTIC EXPRESSION.
PAINTING A PICTURE TO EXPRESS SADNESS ILLUSTRATES ANOTHER WAY TO USE ARTISTIC EXPRESSION.
3. TECHNIQUES AND STRATEGIES
EFFECTIVE EMOTIONAL EXPRESSION
'I' STATEMENTS
'I' STATEMENTS INVOLVE EXPRESSING FEELINGS AND NEEDS WITHOUT BLAMING OTHERS, SUCH AS "I FEEL FRUSTRATED WHEN MY DEADLINES ARE NOT RESPECTED BECAUSE IT AFFECTS MY WORK."
EMOTIONAL WRITING
EMOTIONAL WRITING, AS HIGHLIGHTED BY JAMES PENNEBAKER (1997), INVOLVES WRITING ABOUT FEELINGS TO ORGANIZE THOUGHTS AND RELEASE REPRESSED EMOTIONS THROUGH JOURNALING OR LETTER DRAFTING.
ARTISTIC METHODS
ARTISTIC METHODS, AS SUGGESTED BY MALCHIODI (2005), ALLOW EXPRESSING COMPLEX EMOTIONS THROUGH DRAWING, PAINTING, OR SCULPTING.
ASSERTIVENESS
ASSERTIVENESS, ACCORDING TO ALBERTI AND EMMONS (2001), IS THE ABILITY TO EXPRESS FEELINGS AND NEEDS CLEARLY, DIRECTLY, AND RESPECTFULLY, FOSTERING SELF-CONFIDENCE AND IMPROVING RELATIONSHIPS.
4. THEORETICAL FOUNDATION
KEY FIGURES IN EMOTIONAL EXPRESSION
ARISTOTLE
HIGHLIGHTED THE IMPORTANCE OF EXPRESSING EMOTIONS APPROPRIATELY.
BISQUERRA (2003)
EMPHASIZES THE SIGNIFICANCE OF EMOTIONAL EXPRESSION WITHIN EMOTIONAL INTELLIGENCE.
LINKS EMOTIONAL EXPRESSION TO WELL-BEING AND SOCIAL SKILLS.
GOLEMAN (1995)
ALSO EMPHASIZES THE SIGNIFICANCE OF EMOTIONAL EXPRESSION IN EMOTIONAL INTELLIGENCE.
SALOVEY AND MAYER (1990)
CONTRIBUTED BY DEFINING EMOTIONAL INTELLIGENCE.
ESTABLISHED THE CONNECTION BETWEEN EMOTIONAL INTELLIGENCE AND EMOTIONAL EXPRESSION.
EVOLUTION OF THE CONCEPT
IMPORTANCE IN UNDERSTANDING EMOTIONS
UNDERSCORES THE SIGNIFICANCE OF MANAGING EMOTIONS EFFECTIVELY.
CONTEXTUALIZATION
CONTEXTUALIZES PRACTICAL ASPECTS DISCUSSED IN OTHER SECTIONS.