

# **Download The Function Of Emotions When And Why Emotions Help Us**

The Function of Emotions: What good are emotions? Why do we have emotions? Until we begin to understand the functions of emotions, why we have them, what their effect is on others, we cannot expect ourselves to change them. Emotions can play an important role in how we think and behave. The emotions we feel each day can compel us to take action and influence the decisions we make about our lives, both large and small. In order to truly understand emotions, it is important to understand the three critical components of an emotion. Typical ADHD Behaviors Exaggerated Emotions: How and Why ADHD Triggers Intense Feelings “Challenges with processing emotions start in the brain itself.(d) Positive Emotions Build Psychological Repertoire. Far from having only a momentary effect, positive emotions help to build important physical, intellectual, social and psychological resources that are enduring, even though the emotions themselves are temporary.