

Emotion or Affection?



3

“For Love is strong as Death.”

Sg 8:6

2 YOU-AFFECTIVITY AND SEXUALITY

3

Emotion or Affection?

“For Love is strong as Death...”

Sg 8:6



1 Take a look at the photograph below:

- What do you think happened at this moment?
- What are the political leaders looking at?
- Has the woman in red left them indifferent?
- Did she provoke a response in them? Are they expressing it in the same way?
- What about the rest of the people in the photo?



2 YOU-AFFECTIVITY AND SEXUALITY

3

Emotion or Affection?

2 We're going to take a look at what happens in certain situations that might happen in your own life:



Imagine that you're in the shower, enjoying the hot water and going all out singing your favorite song. All of a sudden you sense the presence of someone else on the other side of the door. Oh, no! You just remembered that your sister's friends were coming over...

What happens when you sense the presence of somebody else? Do you keep on singing at the top of your lungs?

After your shower you step outside for a walk and it's really hot...100°! When you turn the corner you see the ice cream shop where you used to go with your grandpa when you were little. The window is full of popsicles that are so cold they're letting off steam.

Do you remain indifferent? What does the presence of the ice cream cause within you? And this ice cream shop in particular?



2 YOU-AFFECTIVITY AND SEXUALITY

3

Emotion or Affection?

3 In our lives we often find ourselves faced with many situations, people, and even objects that question us, affect us, and cause an affective response on our part.

Think of a personal example that produced, or produces, an affection in you for:

- An object: _____
- A situation: _____
- A person: _____

Does thinking about this object produce any feelings?

When you remember that situation, does it produce an emotion?

Does calling that person to mind awaken any type of passion?

As you can see, we have spoken about 4 types of personal reactions that you can have:

- AFFECTION
- EMOTION
- FEELING
- PASSION

Can you tell the difference? Is it hard?

Yes, it is!

Getting to know ourselves is difficult, too. But it is precisely your affections, emotions, feelings and passions that can help you get to know yourself better and grow as a person.

2 YOU-AFFECTIVITY AND SEXUALITY

3

Emotion or Affection?

Defining all of these concepts is really difficult. Even those who understand the topic don't always agree, because the differences between one concept and the other can be very subtle.

We're not going to step into anyone else's terrain, but we are going to venture to understand "these reactions" that we're going to call:

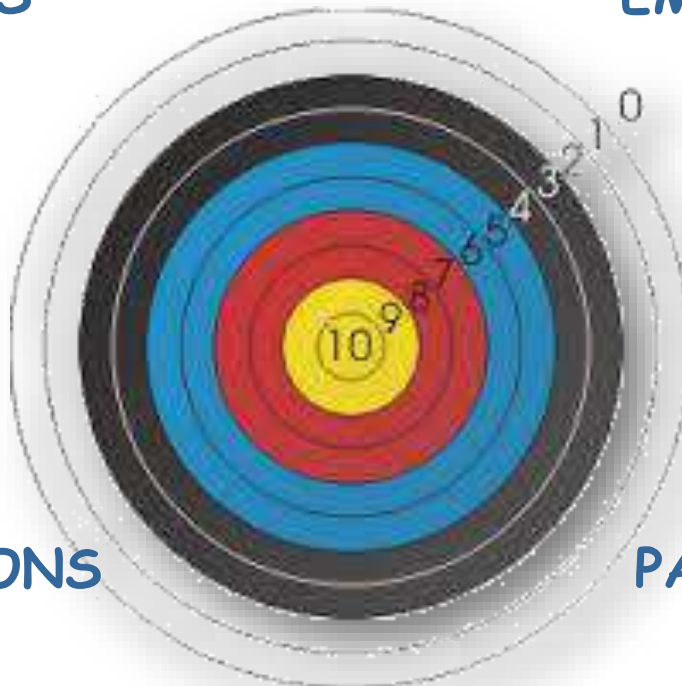
"WAYS THAT THE HEART FEELS"

The metaphor of the heart is always PERSONAL. Let's not forget that the person is a WHOLE, which includes all of his/her different dimensions. The affective dimension of human beings cannot be separated from the bodily, social, spiritual or intellectual dimensions.

4 Let's imagine that your heart is a TARGET like the one in the picture, and that the most intimate and enduring part of your heart lies at the center:

FEELINGS

EMOTIONS



AFFECTIONS

PASSIONS

According to your own criteria, try to place each one of these "ways that the heart feels" on the target, using what we just explained as a guideline.

2 YOU-AFFECTIVITY AND SEXUALITY

3

Emotion or Affection?

5 Now we're going to delve into each "way that the heart feels", and ask you to pinpoint them on the target one more time.



EMOTION is an immediate reaction that is produced prior to a response. It is short-lived, and has an external manifestation.

HOW MY HEART FEELS: "My heart responds to something quickly, it doesn't last long and it is physically noticeable. Other people can see how I feel".

A **FEELING** is more like a state. It is deeper and more persistent, and its external manifestation is very limited.

HOW MY HEART FEELS: "My heart is aware of how I feel at any given moment but other people don't have any reason to realize it, because its expression is not physical".

AFFECTION is not an individual response; it comes into play in personal relationships with others or through objects or situations. It establishes bonds that unite me to another person.

HOW MY HEART FEELS: "My heart is impacted and touched; other ways of feeling can also arise".

PASSION is an intense and powerful experience that is capable of dragging me along behind it and compelling me to act. It must be kept in check by reason and the will.

HOW MY HEART FEELS:

"My heart is invaded and pushes me in a certain direction. I have to let it rest using my reason and direct it with my will."

2 YOU-AFFECTIVITY AND SEXUALITY

3

Emotion or Affection?

6 Below you will find a series of feelings group according to different responses or emotions that you can experience:

Calm: being at peace, even-tempered, tranquil, serene, relaxed, rested, clear-headed, alleviated, calmed, peaceful, silent, quiet, neutral, tolerant, balanced, trusting, harmonious.

Pleasure: being happy, joyful, content, satisfied, proud, floating, radiant, exultant, effusive, aroused, joyous, fascinated, hopeful, optimistic, sensual, comforted, communicative, in harmony, enchanted.

Interest: being interested, curious, amazed, surprised, intrigued, expectant, absorbed, motivated, inspired, enthusiastic, alert, confident, involved, committed, determined, certain, unworried, generous.

Liveliness: being animated, content, amazing, enchanted, perky, fun, jovial, vibrant, stimulated, jumping for joy, excited, awake, active, alive, dynamic, adventurous, energetic, impetuous, strong, uplifted, revitalized, effusive, aroused, electrified, resolute, refreshed, full of life, fulfilled.

Security: being open, expansive, conversational, communicative, sociable, free, awake, agile, receptive, sensitive, inspired, vulnerable, full of life, liberated, independent, generous, willing, helpful, satisfied, grateful.

Attachment: being friendly, affectionate, welcoming, warm, cordial, humble, close, sensitive, tender, caring, loving, passionate, attracted, trusting, adorable, moved, compassionate, understanding, valued, excited, privileged, recognized, loved.

2 YOU-AFFECTIVITY AND SEXUALITY

3

Emotion or Affection?

They can be a big help for getting to know yourself better, communicating, and completing the activities still to come!

Anger: enraged, annoyed, displeased, unhappy, grumpy, frustrated, outraged, mad, bad-tempered, angry, irritated, fed up, tense, furious, powerless, desperate, hostile, violent, aggressive.

Sadness: sad, pained, dismayed, troubled, discouraged, disappointed, depressed, worried, alone, dejected, subdued, disheartened, distressed, melancholic, inconsolable, hurt, hopeless, defenseless, apathetic, indifferent, pessimistic.

Pain: being fragile, sensitive, vulnerable, hurt, wounded, crippled, broken.

Disgust: being disgusted, unhappy, distant, indifferent, cold, resentful, bitter, grossed out, indignant, spiteful.

Fear: being fearful, terrorized, frightened, panicked, agitated, insecure, uncomfortable, tense, anxious, nervous, startled, alarmed, anguished, paralyzed, trapped, inert, threatened, helpless.

Confusion: being confused, muddled, worried, insecure, suspicious, indecisive, restless, conflicted, disconcerted, disoriented, perplexed, subdued, thoughtful, perturbed, tormented, overwhelmed.

Worry: being uncomfortable, worried, anxious, impatient, agitated, nervous, overwhelmed, tense, anguished, alarmed, annoyed, burdened.

Tiredness: being tired, crushed, weak, lazy, lacking energy, lifeless, unmotivated, depressed, fatigued, dispirited, exhausted, swamped, sleepy, bored, unimaginative, powerless, out of sorts, worn out.

2 YOU-AFFECTIVITY AND SEXUALITY

3

Emotion or Affection?

7 Take a look at the following images and write the emotion that best describes them on the line.





2 YOU-AFFECTIVITY AND SEXUALITY

3

Emotion or Affection?



BUILDING UP LOVE

2 YOU-AFFECTIVITY AND SEXUALITY

3

Emotion or Affection?



8 Below you will find four scenarios, in which you will be asked to identify the emotions that they might cause, the feelings and affections they might provoke, and whether they might trigger a passion:

SCENARIO	How does it affect me?	What emotion do I have?	What feelings does it produce?	What passion does it trigger?
My best friend tells me that she won a scholarship for us to go to Italy together.				
My mother tells me, crying, that she was fired from her job.				
A classmate gets the whole class in trouble and we are punished unjustly.				
The person I like asks me out.				

2 YOU-AFECTIVIDAD Y SEXUALIDAD

3

Emotion or Affection?

9 At the last second...TOUCHDOWN...We are the winners!!!



Take a look at this photograph, which shows several people celebrating their team winning a sports game. What feeling are they sharing?

What is the reason?

The reason and feeling are common to everyone, but are their reactions the same?



BUILDING UP LOVE

2 YOU-AFFECTIVITY AND SEXUALITY

3

Emotion or Affection?

Describe each person's reaction, trying to identify which emotions and feelings are shown by each person.



1



2



4



3

Some celebrate in silence; others, shouting. Some hug, and others jump for joy.

If you carefully observe the image, you will see how practically everything is movement and expressivity.

10 Now, we will watch a scene from the movie "I Prefer Heaven". Share the following ideas with your classmates:

2 YOU-AFFECTIVITY AND SEXUALITY

3

Emotion or Affection?

What feelings appear in the clip?

Describe the "ways that the heart feels" of each of the characters:

Father Philip _____

Alessandro _____

Ippolita _____

Boy _____



Now focus on the reaction of each group. Do they all act the same way?

Fr. Philip's Group: _____

Alessandro's Group: _____

2 YOU-AFFECTIVITY AND SEXUALITY

3

Emotion or Affection?

Observe Alessandro's behavior:

What emotion do you recognize?

What feelings do you think he has?

What affection does Fr. Philip cause in him?

Does he get carried away by a passion?

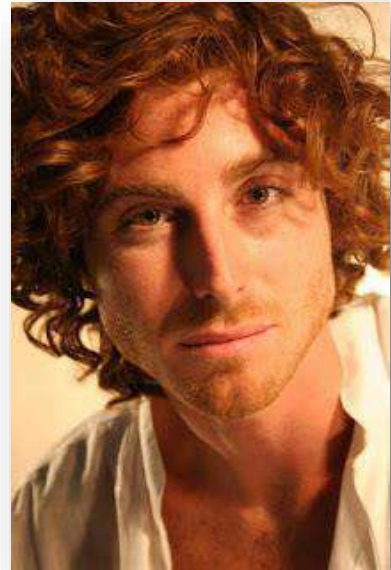
What led him to respond in this way?

Could he have reacted differently?

Do you think that our feelings, emotions, affections and passions determine the way that we act?

Can we direct the ways that our heart feels?

Is it important for us to be familiar with and orient these ways that our heart feels in order for us to be truly happy?



Adriano Braidotti

2 YOU-AFFECTIVITY AND SEXUALITY

3

Emotion or Affection?

11 It's not just other people who can affect me. As a person, I, too, can cause an affective response on the part of others.



Am I aware of how my presence and my way of being can produce an affective response in other people?

What about my sexuality, my body? Can it cause the attraction of others?

How so?

Am I aware of my intimacy?

What sensations do I experience in front of the nakedness of my body or my deepest feelings?

MODESTY is the virtue that helps me to protect my intimacy. It arises in a natural way and it doesn't just refer to the intimacy of my body, but also to that of my feelings.

I express modesty:

- In the way that I dress.
- In the verbal and non-verbal language that I use, since my body also speaks.
- In my behavior, in what I show and desire to show of myself.

Modesty also refers to preserving the most intimate things about me in order to share them with the person that I choose.

To whom shall I give my heart?

2 YOU-AFFECTIVITY AND SEXUALITY

3

Emotion or Affection?



Emotions and feelings in and of themselves are neither good nor bad. They arise from within me as the response to a stimulus, to a situation.

It is important for me to be able to recognize these feelings and emotions, and to give them a name, because they will help me get to know myself better: my state of mind, my disposition in life. Feelings help me know myself, they reveal my interiority, my character; they make me unique and unrepeatable.

When I enter into a relationship with another person, these feelings and emotions arise as an affective response, and they can touch my heart. Affectivity is a source of knowledge that opens us up to reality.

It is vitally important that I be able to recognize my affections and learn how to integrate them into all the dimensions of my person: my intelligence, will, freedom, sociality, and the morality of my actions. In this way, my acts, my affective responses will benefit both me and others. I will be able to love what is good and beautiful. I will recognize affections as a path to love.

My affections have to be guided towards others, and not enclosed in myself.

The same thing happens with the passions. They arise within me in a very strong way. Passions in themselves are neither good nor evil. But my response is. That is why passions are morally good when they contribute to a good action, and they are bad when they contribute to a bad action.

Goodness and beauty are inscribed in my heart. I have to learn to delve into all the ways that my heart feels, to discover them and direct them toward my happiness and that of others.