

The Components of Emotions

Cognitive component

Emotions result from the appraisal of an event or change in the environment.

Appraisal criteria:

- * Does the event or situation impacts on my personal goals?
- * Does it makes easier or harder to achieve my goals?
- * Is it related to my own identity in some important way?
- * What or who is to blame for the event/situation?
- * How well can I solve the problem and manage my own feelings?
- * How likely is it that things will get better or worse?

Physiological component

The "felt" experience, the somatic reality of the emotion

Expressive component

How we communicate to others what we are feeling, or what we want them to think we are feeling.

The verbal and nonverbal behaviors through which we intentionally or unintentionally communicate emotional states.

Source: Tricia S. Jones and Andrea Brodtker, *Mediating with Heart in Mind: Addressing Emotion in Mediation Practice*, Negotiation Journal, Vol. 17, Nr. 3 (July 2001), pp. 217-244