

WE ARE RATIONAL, AFFECTIVES AND SOCIABLES

• FEELINGS AND EMOTIONS

Affectivity is an aspect of our life that develops since we are born. Is the capacity to have links with others, those the links with others generate feelings, and those feelings could be pleasant or unpleasant.

- FEELING: Is a sensation that has been checked against previous experiences. A baby don't have feelings, only have emotions.
- EMOTIONS: Is the projection or the display of a feeling. Is something physical.

Explicación Español: La emoción es la expresión de un sentimiento. Cuando un profesor pregunta a un alumno algo que no sabe y este se pone rojo, es una emoción. Pero el sentimiento es la vergüenza de ser pillado.

• TEMPER AND CHARACTER

The difference between temper and character are that the character are build by we. We build it, and it is the person that we want to be. We can control ourselves.

However, the temper is something that we do not choose. We born with it.

• THE REASON

Is the mental faculty that is able to generate conclusions from assumptions. Is like rationality. Reason is often contrasted with authority.

There are other capacities of the reason:

3.1 Senses

3.2 Memory

3.3 Imagination

• EMOTIONAL INTELLIGENCE

We can be a person which measure of intelligence are very much but we can be not socially. So these two aspects are necessary being together.

There are two aspects in the emotional intelligence: Understanding yourself and understanding others.

THE FIVE DOMAINS

- Knowing your emotions
- Managing our own emotions
- Motivating yourself
- Recognising and understanding other people emotions
- Managing relationships, managing the emotions of others