



Emotions – Who Am I?

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Received: January 06, 2020

Published: March 12, 2020

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Emotional intelligence, that's what you all strive for and wish to conquer but you don't understand how you can even get to the point of conquering it. – Marvin Lephakha

Inspiration behind the article

Its funny how we haven't realised how important each emotion is and how it can build us up to have a strong EQ. In this read, you'll get to realise how important emotions are.



Figure 1: Time tells the true threat to tolerance.
– Tshepo Mkhwane.

Let it flow

How do you wish to define me? You tripped and fell whilst you were jogging and twisted your ankle, you felt me; a member in your family passed on, you still felt me.

What I'm trying to get at is that, either it being physical or emotional, it all roots to one thing, ME. You strive as a human being to get away from me, you'd swear I'm an evil villain from your favorite horror movies you'd binge watch on with friends, but truth of the

matter is that this movie which is 'life' you are in has no happy ending because eventually I'm going to catch up on you.

Locking yourself up in your room, going out for drinks, reading or talking to a friend, no matter how you get to deal with me, I've caught on. It's like when you tell yourself you're never going to get hurt and let me ask, how many times have you gotten hurt after that? Countless right?

Have you stopped for a second and asked yourself whenever you have to give out a motivational talk to a peer or deliver an inspirational piece to a group of people that you mention the hardships you came across that brought me along. Easy, situations where I'm involved in and you get to experience teaches you what you can't see, that will be evident in later stages, moulds you as an individual to know what is right and what is wrong so that you should not come into a situation where you get to do the same mistake again which would be so foolish if you have to repeat the same mistake again, think about it.

Imagine going to a seminar and the speaker goes on and on about the positives of life and how good their lives have been up to this moment, as a listener you'd most probably feel like why did you waste your time coming to listen to someone blurt out what they have achieved and how good their life is. Now you get to understand why speakers get to bring me up in their seminars, it is to connect to the listeners and paint a picture in their minds which will be a vicarious lesson that will aid their decision making as of that point moving forward. Now keep this question to heart, why are you running away from me, whereas at the end of the day, you do actually need me?

Emotional intelligence, that's what you all strive for and wish to conquer but you don't understand how you can even get to the point of conquering it. Emotional intelligence psychologists will tell you that for you to be able to have a good EQ is that you'll need to think positively about life, try maintaining a healthy and good lifestyle, let me intervene, trying to maintain a healthy lifestyle is stress on its own, like trying to keep your brand new car brand new, now how long will that last, it will get stressful. So now what is my thought? To conquer this ideology is for you to be able to experience all emotions that can be experienced in this lifetime and be able to acknowledge how you are feeling rather than being in denial which won't even help with dealing with a situation that you're faced with. A student is failing but doesn't want to get help because they got it under

Control as their response when you ask them. After acknowledging these emotions you need to accept that you are human, you can't be perfect and strive for righteousness, I see you. Surely now you can be described as having a good EQ because isn't it you could describe the emotions you're experiencing.



Figure 2: Perception of reality is not necessarily real
– Marvin Lephakha.

Now you would pose a question and ask what about people who self-inflict injury upon themselves? These people have gotten used to being disappointed so much that that they eventually get depressed and they need an escape from whatever situation they are facing hoping that I will serve as a distraction to shift their focus onto something that will also cause them me as a result, but now to the great extent that they are used to these self-inflicted injuries, they get to now enjoy this and it poses as a great threat

on them and on societal terms people who are in that category are deemed to go to counselling or go to some form of therapy to talk about their feelings that caused me, that eventually led them into such activities.

Before i forget, i haven't formally introduced myself, how rude, my name is pain

Add ons

Here's a challenge for you, for the next 7 days after you wake up look in the mirror and tell yourself how you are feeling and carry on for each day and thereafter the 7 day period has elapsed for each emotion that you described you felt, did it sum up the day that you had. If that is so then can you see that you have a bit of domain on how your day will be? Well isn't that being emotionally intelligent? Intriguing right?

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