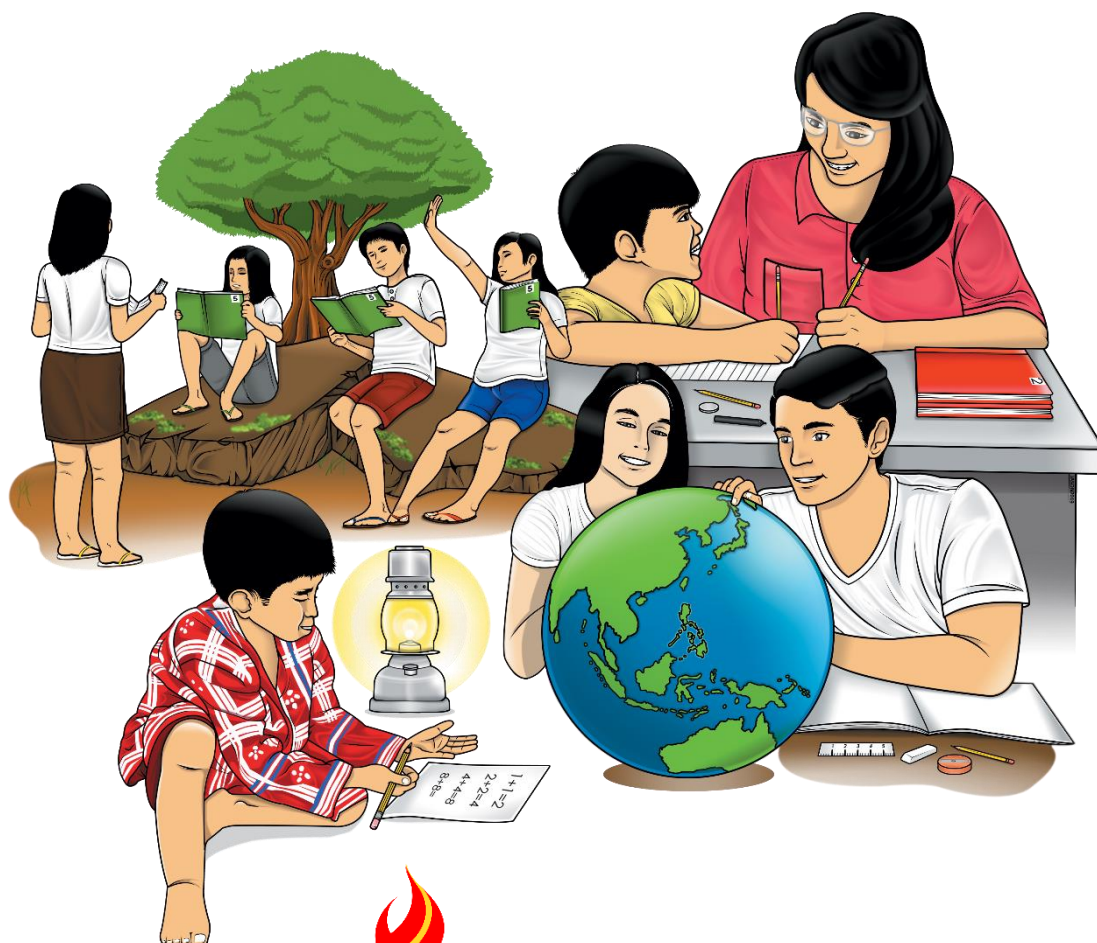


Senior High School

Personal Development

Quarter 1 – Module 15:

Positive and Negative Emotions



**Personal Development
Alternative Delivery Mode
Quarter 1 – Module 15: Positive and Negative Emotions
First Edition, 2021**

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Senior High School

Personal Development

Quarter 1 – Module 15:

Positive and Negative Emotions

Introductory Message

This Self-Learning Module (SLM) is prepared so that you, our dear learners, can continue your studies and learn while at home. Activities, questions, directions, exercises, and discussions are carefully stated for you to understand each lesson.

Each SLM is composed of different parts. Each part shall guide you step-by-step as you discover and understand the lesson prepared for you.

Pre-tests are provided to measure your prior knowledge on lessons in each SLM. This will tell you if you need to proceed on completing this module or if you need to ask your facilitator or your teacher's assistance for better understanding of the lesson. At the end of each module, you need to answer the post-test to self-check your learning. Answer keys are provided for each activity and test. We trust that you will be honest in using these.

In addition to the material in the main text, Notes to the Teacher are also provided to our facilitators and parents for strategies and reminders on how they can best help you on your home-based learning.

Please use this module with care. Do not put unnecessary marks on any part of this SLM. Use a separate sheet of paper in answering the exercises and tests. And read the instructions carefully before performing each task.

If you have any questions in using this SLM or any difficulty in answering the tasks in this module, do not hesitate to consult your teacher or facilitator.

Thank you.

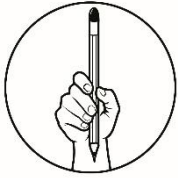


What I Need to Know

This module is designed for you to get acquainted with the concepts of positive and negative emotions and how one chooses to either express or suppress them in numerous situations. This is designed for you to have a clearer reflection of yourself and a more accurate assessment of your experiences as a responsible and intellectual individual.

After going through this module, you are expected to:

1. explore one's positive and negative emotions and how one expresses or hides them.



What I Know

Choose the letter of the best answer. Write your chosen letter on a separate sheet of paper.

1. It is a strong feeling of pleasure.
 - A. shock
 - B. anger
 - C. worry
 - D. happiness
2. It is a feeling of dissatisfaction.
 - A. pride
 - B. shock
 - C. frustration
 - D. confidence
3. How does a person usually feel when he/she does admit his/her mistakes?
 - A. confident
 - B. annoyed
 - C. relieved
 - D. defensive
4. Choose one that people do not usually feel when they do not understand required books to read.
 - A. confused
 - B. ashamed
 - C. inspired
 - D. frustrated

5. It is an emotion people usually feel when someone is trying hard to make them special.
- A. confusion
 - B. happiness
 - C. frustration
 - D. anger
6. It is the usual feeling after getting something you want.
- A. fear
 - B. surprised
 - C. sadness
 - D. joy
7. It is a feeling of serenity and tranquility.
- A. worry
 - B. anxiety
 - C. sadness
 - D. calmness
- 8-9. Choose TWO statements that are not true about negative emotions.
- A. Negative emotions are never helpful to an individual.
 - B. Negative emotions can be overpowered by positive emotions.
 - C. Negative emotions, when managed well, can be helpful to an individual.
 - D. Negative emotions are not natural and normal.
- 10-11. Choose TWO statements that are not true about positive emotions.
- A. Positive emotions must also be managed well for it to be beneficial.
 - B. Positive emotions are better than negative emotions.
 - C. Positive emotions include happiness, anticipation, and disgust.
 - D. Positive emotions are beneficial to the brains.
12. You have received a special gift from your father on the day of your birthday. When you received his gift, you said that you were very happy and content with what you received from him. What emotion were you feeling at that moment?
- A. disappointment
 - B. sadness
 - C. jealousy
 - D. satisfaction
13. You and your classmates did not attend to your classes on Teacher's Day. While your teacher was waiting for you all, he suddenly became teary-eyed and began to cry. What was your teacher feeling at that moment?
- A. elated
 - B. lonely
 - C. frustrated
 - D. ignored

14. After talking heart to heart, your sibling suddenly knocked at your door and said she was so happy to what you told her. What emotion was your sibling feeling at that moment?
- A. joy
 - B. disgust
 - C. curiosity
 - D. awe
15. One of your closest friends was afraid he would fail one of your subjects in school. At this single instance, your classmate was experiencing a mixture of sadness and frustration. What emotion of your classmate was present at that moment?
- A. aggression
 - B. contempt
 - C. disappointment
 - D. optimism

Lesson

15

Positive and Negative Emotions

Human emotions are private and subjective. In fact, people tend to experience extraordinary range of emotions, which they can feel or encounter in a single flow of time hence the term “mixed emotions”. Some emotions are often accompanied by obvious signs of enjoyment or distress, but occasionally, these have no overt indicators. This is the reason that understanding the roles of emotions to your everyday lives is non-negotiable. When you try to understand how people feel and what makes them feel in such a way, you also start to create an environment free of prejudice and filled with respect.

In this lesson, you will explore positive and negative emotions and you will learn how to express and hide some of them.



What's In

In the previous lessons, you have learned some basic ideas and principles about emotions. You do understand that emotions aid individuals for survival, helps people monitor their social behavior, and regulates their interactions with other people. To learn more about emotions...

LET'S TRY THIS. Through the worksheet provided below, enlist different types of emotions that you have felt from various experiences and situations.

Feelings and Emotions Worksheet

1. Categorize the emotions that you think are positive and/or negative. If you think that a certain emotion is positive, write it on the + column. Consequently, write the emotion on the - column if you think it is negative. If the emotion may be both positive and negative, enlist it on the two columns.

+	-



What's New

It is but natural for humans to experience positive and negative emotions. While the word “negative” in the phrase “negative emotions” may imply that these emotions are unwanted, this does not necessarily mean that they are unhealthy for you or that you should not experience them at all. However, most people would still prefer to experience positive emotions over negative ones; one would choose to feel delighted than to feel miserable or be confident than be insecure. People would oftentimes pursue happiness than chase for sadness---but balance among emotions must not be set aside. Because of this, it is important to become familiar with the key concepts of both, bringing them to your advantage towards a yet meaningful life.

POSITIVE EMOTIONS

All emotions are natural, necessary, and normal.

In this activity, you will learn about a special group of emotions called “positive emotions”. Having plenty of positive emotions every day can help you out in dealing with your daily situations. A recently published article entitled How Negative Emotions Affect Us revealed that people should have at least three positive emotions against one negative emotion, making experiences “highly beneficial” to their lives. In this activity, you will identify the positive emotions that are present in the given scenarios.

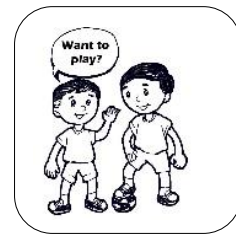
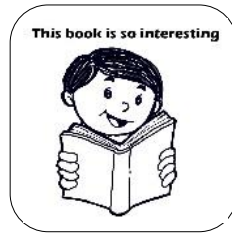
Activity 1

Look and List

Write the correct emotion under each picture below. Choose from the group of words inside the box.

BELONGINGNESS	HOPE	AMUSEMENT
GRATITUDE	ZEST	PRIDE
AWE	INTEREST	ANGER





Are Negative Emotions Necessary?

Although they may appear unpleasant to experience, negative emotions really are necessary for a balanced and healthy life. This is true for two big reasons:

- Negative emotions give us a counterpoint to positive emotions; without the negative ones, positive emotions may not be entirely experienced.
- Negative emotions serve evolutionary purposes, encouraging us to act in ways that boost our chances of survival and help us grow and develop as people.

As Kennedy from Lifehack.org pointed out, there is a good reason for each of the basic emotions, both positive and negative.

Basic Emotions	Good Reasons
Anger	To fight against problem
Fear	To protect us from danger
Anticipation	To look forward and plan
Surprise	To focus on new situations
Joy	To remind us of what is important
Sadness	To connect us with those we love
Trust	To connect with people who help
Disgust	To reject what is unhealthy

Activity 2

Think and Rethink

Coping strategies are a mechanism that a person uses to deal with stressful situations. These may help a person face a situation and be flexible and persistent in solving problems. Therefore, it is necessary for an individual to create and modify coping strategies that will bring him/her out of the various situations.

This time, try to discover how you would respond in the given statements below. Write your answers on the spaces provided.

1. Think of a specific situation that is likely to create negative emotions for you. Imagine being in the situation right now (e.g. beating the deadlines in the submission of assignment, being late in your classes, etc.). Write the situation:

2. Describe the coping strategy or problem-solving skill that you would use in the situation. (e.g. work on the assignment ahead of time, waking up earlier than usual, etc.).

3. Explain the possible result whether the coping strategy that you will use is effective or otherwise. (e.g. felt good about it because I was able to submit it on time, realized the importance of time, etc.)



What is it

Activity 3

Find the Gist

In the word puzzle, encircle the twelve words enlisted below. Words may appear horizontally, vertically, and diagonally.

melancholy
gratitude
belonging
love
interest

pride
zest
peace
humour
sadness

hope
excitement
disgust
anger
joy

M	G	R	A	T	I	T	U	D	E	D	G	R	H	M
P	R	I	D	E	S	E	G	K	F	O	B	E	D	Z
B	J	O	Y	E	U	B	S	Q	I	E	V	M	T	B
Q	S	M	Z	D	K	X	W	X	Y	O	H	E	S	Z
G	N	I	G	N	O	L	E	B	L	W	R	L	U	P
P	E	Q	E	I	Y	J	E	Y	F	M	E	A	E	I
Y	N	X	G	P	M	I	M	C	Q	V	G	N	O	N
X	Q	B	C	N	O	S	Z	E	A	X	N	C	Q	T
B	O	P	M	I	A	H	T	F	R	E	A	H	Y	E
F	Q	F	O	D	T	S	H	K	L	S	P	O	Q	R
Y	R	C	N	W	U	E	U	D	O	N	R	L	A	E
Z	F	E	M	G	O	L	M	S	Z	M	W	Y	V	S
L	S	L	S	I	J	X	O	E	L	G	U	L	G	T
S	X	I	D	U	B	Z	U	X	N	W	V	M	U	P
L	D	R	J	G	O	H	R	Z	L	T	E	L	I	N

How did you find the activity? How many words have you found? What do you think do those words contribute to this lesson? Let us find out!

Positive vs. Negative Emotions: A Closer Look at the Differences

On Positive and Negative Emotions Combined

Look back over the list of sample negative emotions. Do you want to feel any of those emotions? Do you want your positive thoughts be enveloped by these negative emotions? You probably do not want to and it is not surprising! Indeed, it is normal that you and your fellow students know that it does not feel good to experience any of those emotions.

Have you ever felt one of these emotions and told to yourself, “*I wish I can experience this emotion all the time*”? It is easy to see that this list is full of pleasurable emotions that people tend to seek for. That, if given the chance, individuals would want to only experience them sans the negative emotions. People of different ages need positive emotions to function effectively, grow gracefully, and thrive rightfully.

So, if it is basically universally unpleasant for people to experience negative emotions and on the other hand universally desirable to experience positive emotions, do we still need the negative ones at all?

As it turns out, yes!

How Can Emotions Impact our Health and Well-Being?

It is not the negative emotions that directly impact our health and well-being, but it is on how we react and process them.

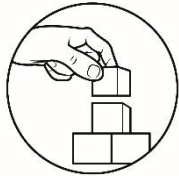
Staying stuck on negative emotions can increase our bodies’ production of our stress hormone, cortisol, which in turn depletes our cognitive ability to solve problems proactively, and can also damage our immune defenses, making us more susceptible to other illness (Iliard, 2009). Chronic stress has also been linked to a shorter lifespan (Epel et al, 2004).

Anger is the negative emotion that has been shown to have the biggest impact on our health and well-being, particularly when it is poorly managed. Studies have connected anger to various health concerns including high blood pressure, cardiovascular disease, and digestive disorders (Hendricks et al, 2013).

Boerma (2007) linked unhealthy amounts of anger to increased levels of cortisol, which were implicated in decreased immune system efficiency. Boerma’s research found that chronically angry people were more likely to have a cold, the flu, asthmatic symptoms and skin diseases such as rashes compared to non-chronically angry people.

Feelings of anger are a normal and healthy part of being human. Learning to avoid all anger would be an impossible goal. Instead, in anger management, you will learn to avoid negative reactions to anger (such as aggression), while learning new emotionally healthy habits.

Emotions play a big role in our life. They are twenty- four hours active and at work every day. They tell us what to do with ourselves, family, job, career, and how we love others. That is where we experience most differently the positive and the negative emotions. If we are unable to control the course that our emotions run, we might as well be heading down the road towards destruction---that is the reason that we need to manage and control our emotions.



What's More

Activity 4

Control Your Feelings, Don't Let Them Control You

Have you ever let your feelings bring the best of you and then said or did something that you regretted later on? While our feelings sometimes “get the best of us,” managing and responding to your feelings appropriately take self-control and a few strategies. These strategies may be unique to an individual or share among groups of people. Answer the questions below and explore how you respond to your emotions. Write your answers on the spaces provided.

1. Explain the meaning of the saying “*Don't let your feelings get the best of you*”. Give an instance where you regretted doing or saying something out of your emotion/s.

2. What does “managing your feelings and emotions” mean? Give an instance where somebody responded to you in a negative way as a manifestation of their feelings. How do you think could have that person responded in a better way?

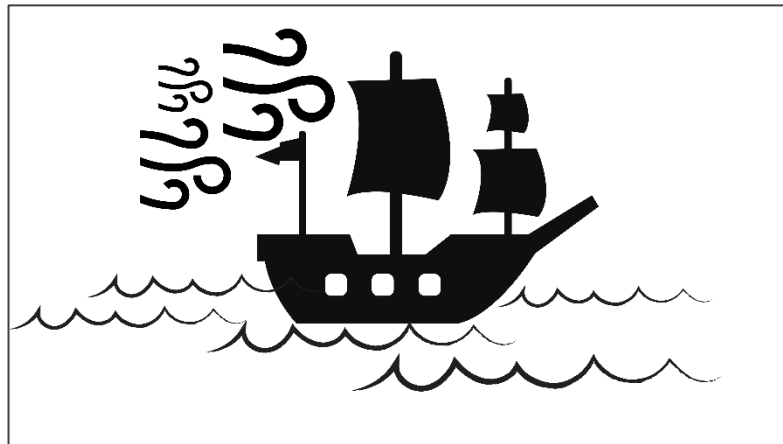
3. Why is it important to manage your emotions and not suppress them?



What I Have Learned

At this time, it is likely that you have already gained enough information on positive and negative emotions and how one expresses or hides them. To further enhance what you have learned, study the metaphor of the ship for a more concrete perspective towards emotions.

The Metaphor of the Ship



- A. List three situations, topics, or people that often provoke you to get angry: (ex. arguing with your classmate over a group task, dealing with a backstabber friend, arguing with a stranger online)

“The situations, topics, and people who make you angry are the strong winds against the ship.”

Moral: The ship must be stronger than the winds.

- B. What do you do to alleviate your anger whenever you are angry? List them below. (ex. shouting, arguing, throwing or breaking objects, become physically aggressive)

“Your response to those who make you angry is the sail of the ship.”

Moral: The strength of the sail depends on the strength of the ship.

- C. Have you ever evaded problems because of your anger? If so, list these problems that you ran away from: (ex. damaged relationships, reprimanded at home, public altercations)

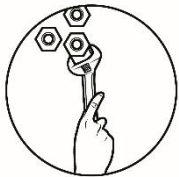
“The problems you have evaded are the raging waves below the ship.”

Moral: Where the water is strong, the ship is more tested.

- D. In those stated situations, how did you feel about yourself being angry? Have you managed to get rid of some negative emotions and turn them into positive ones?

“You are the ship.”

Moral: It is the ship, not the wind nor the water, that dictates its destination.



What I Can Do

Understanding one’s emotions is a challenging yet fulfilling endeavor. Identifying, accepting, and managing your emotions—both positive and negative—is such an important task for living a healthy and happy life. Use what you have learned from this module to enhance your understanding of your own feelings and the feelings of others. Remember, you are not the only ship in the ocean.

Give your reflection on the following statements:

1. What is your opinion about the topic? Do you think positive and negative emotions are necessary, or do you think we could do away with them without any conflicting effects?

2. Can you think of an important moment in your life that did not involve strong feelings? Write it below, if any.

3. How does it feel to win a prize in a contest when you expected a greater prize? What might have happened?



Assessment

Multiple Choice. Read the questions carefully and choose the correct options. Write the chosen letters on a separate sheet of paper.

1. It is a strong feeling of displeasure or annoyance.
 - A. shock
 - B. anger
 - C. pride
 - D. happiness

2. It is a feeling of joy and contentment.
 - A. pride
 - B. shock
 - C. happiness
 - D. worry

3. How does a person usually feel when he/she does not admit his/her mistakes?
 - A. confident
 - B. annoyed
 - C. angered
 - D. defensive

4. Choose one that people do not usually feel if they do not understand instructions.
 - A. confused
 - B. ashamed
 - C. inspired
 - D. frustrated

5. It is an emotion people usually feel when someone is trying hard to make them upset.
- A. confusion
 - B. happiness
 - C. frustration
 - D. anger
6. It is the usual feeling after a loss.
- A. happiness
 - B. surprise
 - C. sadness
 - D. joy
7. It is a feeling of uneasiness and concern.
- A. worry
 - B. anxiety
 - C. sadness
 - D. anger
- 8-9. Choose TWO statements that are true about negative emotions.
- A. Negative emotions are not helpful to an individual.
 - B. Negative emotions can be overpowered by positive emotions.
 - C. Negative emotions, when managed well, can be helpful to an individual.
 - D. Negative emotions are not natural and normal.
- 10-11. Choose TWO statements that are true about positive emotions.
- A. Positive emotions must also be managed well for it to be beneficial.
 - B. Positive emotions are better than negative emotions.
 - C. Positive emotions include happiness, anticipation, and disgust.
 - D. Positive emotions are beneficial to the brains.
12. You gave a special gift to your mother on the day of her birthday. When she received your gift, she said that she was very happy and content with what you gave her. What emotion was your mother feeling at that moment?
- A. disappointment
 - B. sadness
 - C. jealousy
 - D. satisfaction
13. You and your classmates virtually surprised your teacher on Teacher's Day. While your teacher was listening to your messages, he suddenly became teary-eyed and began to cry. What was your teacher feeling at that moment?
- A. elated
 - B. lonely
 - C. frustrated
 - D. ignored

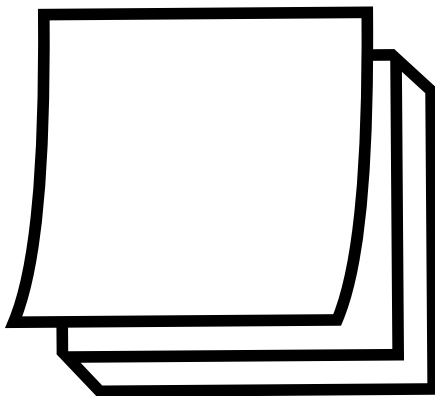
14. After talking heart to heart, your friend suddenly sent you a private message that she was concerned about the status of your friendship and that she wanted to ask few more questions about your relationship as friends. What emotion was your friend feeling at that moment?
- A. joy
 - B. disgust
 - C. curiosity
 - D. awe
15. One of your classmates is already sure that he will get high grades in your English subject even before the class cards have been distributed by your adviser. At this single instance, your classmate is experiencing a mixture of anticipation and joy. What emotion of your classmate is present at the moment?
- A. aggression
 - B. contempt
 - C. surprise
 - D. optimism



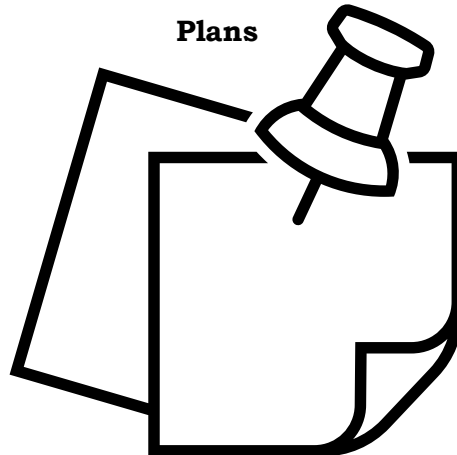
Additional Activities

Well done! You have reached the end of this lesson. You are now ready to manage your emotions better. As we end, provide a summary of what you have learned from the topic and write down your plans in taking responsible actions for your emotions.

Summary



Plans





Answer Key

Assessment
1. B
2. C
3. D
4. C
5. D
6. C
7. B
8-9. B&C (may be interchanged)
10-11. A&D (may be interchanged)
12. D
13. A
14. C
15. D

What I Know
1. D
2. C
3. C
4. C
5. B
6. D
7. D
8-9. A&D (may be interchanged)
10-11. B&C (may be interchanged)
12. D
13. B/C/D
14. A
15. C

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