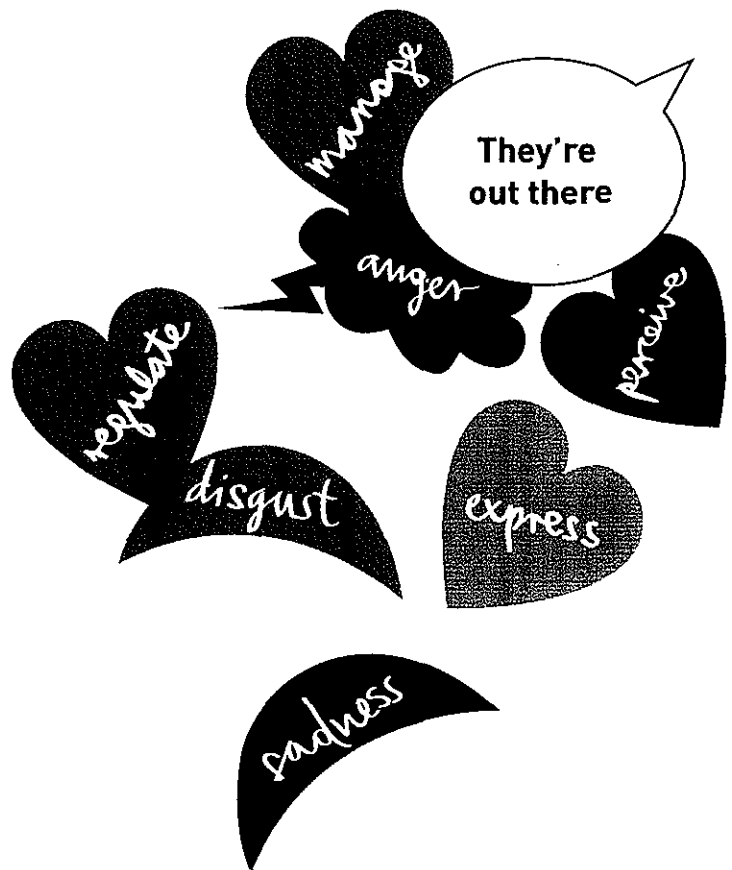




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MANAGING EMOTIONS IN SITUATIONS OF SUFFERING – HOW DO WE MANAGE NEGATIVE EMOTIONS WHEN THEY ARE TRIGGERED BY OUR PERSONAL DECISION?

Veiga Branco Augusta¹, Almeida Correia Ana²

(1) Polytechnic Institute of Bragança, Portugal,

(2) Faculdade de Ciências Sociais e Humanas - Universidade Nova de Lisboa

Managing Emotions as an Emotional Intelligence capacity (Mayer-Salovey, 1997) has presented a significant correlation with Emotional Competence ($r=.679$; $\alpha=.68$) and ($r=.69.5$; $\alpha=.80$) (Veiga-Branco, 2004; 2007) in previous quantitative studies. This study contribute to explain how Managing of Negative Emotions occurs, but, only caused by personal decisions.

Aim: To acknowledge the causes and consequences of Negative Emotions Management when triggered by personal decisions.

Method: Qualitative cross-retrospective study using the "grounded theory" methodology, conducted with semi-structured interviews in a 58 teachers sample from primary and secondary education, aged 26 to 59 years. We then proceeded to a Categorical Analysis, where the respective discursive content was analyzed. From this, a categorical tree emerged, revealing the subjects' decisions in quite negative life contexts, their Emotional Experiences and Emotional Management Strategies.

Conclusions/Results: Categorical analysis, presents several situations of life, rather violent and painful decisions, with strong negative emotions. The general category: "Fracture of Life Context" expressed as: "...this cut my journey of life..." or "this happened ... and turned my life upside down," generated three sub-categories: 1. Obligated to take the decision to "...amputate a body part of someone (a relative)" in the contexts of surgery. Emotional Experiences: violent feelings of guilt, shame, deep and oppressive anguish. Emotional Management Strategies: rational self-concentration in trying to maintain life. 2. Forced to take the decision to "abandon the family" to have a better job/salary. Emotional Experiences: Feeling of guilt, insomnia, daily irritability, revolt. Emotional Management Strategies: Focus on quality instead of quantity time and enjoy all the family moments. 3. Decide to "...freeze the last embryo, after 4 years of unsuccessful fertilization procedures" Emotional Experiences: permanent expectation, anxiety, tachycardia, anorexia. Emotional Management Strategies: Control of deep breathing, rationally working on one's personal calmness, keeping hope.

Keywords: managing emotions, fracture of context, emotional management strategies