

Understanding Em😊ti😞ns L🧠ogically

A Layman's guide to the foundations of
'Social Intelligence'

Sandeep Atre, PhD

Understanding Emotions Logically-
A layman's guide to the foundations of Social Intelligence

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Social Intelligence

By

Sandeep Atre, PhD

About The Author

Sandeep Atre, PhD is the Founder-Director of **Socialigence** – an organization that specializes in the development of ‘Social Intelligence’ through its focused online-courses and customized workshops on ‘observing nonverbal behavior and understanding emotions for greater interpersonal effectiveness and self-management’.



He is also one of the Founder-Directors of CH EdgeMakers - a leading ‘Coaching and Training’ group of Central India. In his career of close to one and a half decade, he has trained thousands of students, and professionals of more than fifty corporate & institutional clients. He has featured at many prestigious platforms as a ‘Management Speaker’ and ‘Motivational Orator’ and has also served on various advisory and editorial boards.

He is also the author of “Observing Nonverbal Behavior – An exhaustive guide to the essential skill of Social Intelligence” and has also been a noted blogger on ‘personal and interpersonal’ matters.

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Acknowledgement & Disclaimer

I believe that a writer like me doesn't write a book, the book happens to him. So, how did this book happen to me? Well! I am an entrepreneur in the domain of 'education and training' who has co-founded ventures that serve various segments of students and professionals. Yet, to be honest, I know in my heart of hearts that I am basically a teacher, who likes to see people grow.

Thus, I have always seen my work more as 'personal development' than anything else. That's why our venture that is closest to my heart is the one that works on development of '*social intelligence*'. And we define *social intelligence* as 'Observing nonverbal behavior and understanding emotions for greater interpersonal effectiveness and self-management'.

So, it all boils down to understanding emotions! And while studying the literature on emotions, both during my PhD research and during the development of our venture on social intelligence, I got introduced to the geniuses whose work I bring to you all. Yes! Whatever this book contains is in fact the assembled knowledge from the writings of some of the biggest names viz.

Daniel Goleman, Joseph LeDoux, Susan Greenfield, Steven Pinker, John Medina, Loretta Graziano Breuning, Paul Ekman, Richard Davidson, Richard Dawkins, Rick Hanson, Richard Mendius, Jeffrey M. Schwartz, Sharon Begley, Norman Doidge, V.S. Ramachandran and respected others.

Thus, I categorically declare that every piece of knowledge in this book is credited to all these people and the people who they refer to in their texts (a list of chapter-wise source-reference for the text has been given towards the end). Each word of this text owes itself to these great writers so whenever you like any thought or expression then see the list towards the end and credit it to the person whose name is mentioned there.

So then, what is my contribution to this work? Well! I write this book in the capacity of a ‘teacher’. I believe that a teacher’s job is to select, edit, simplify and convey ‘ideas that matter’. He is the bridge between the geniuses and the laymen. For this book, I play that role.

A word on the accuracy of content in this book. This book is not meant to be a textbook on any of the fields it incorporates in its discussions. Moreover, while an honest attempt has been made to crosscheck the information, still the recentness, complexity and dynamicity of the fields it refers to and the diversity of sources of information make a

case for a strong recommendation for discretion in usage of any piece of information given in this book.

It is even more important to do so because for the sake of flow of content and message to be conveyed, I suspect that I might have taken a novice undue-liberty of generalization, abstraction, oversimplification or selective evidencing.

In all, this book has no intention or capacity to make you experts on human brain or emotions. It only intends to initiate you towards seeing emotions more logically. This may not bring a revolution in your life, but would surely bring a change in the way you look at yourself and others. And if this book can do that then the very purpose of its coming into being would be served. And I am sure that all great names whose works feature here would agree that eventually, they all wrote hoping to make a difference in someone's life.

Sandeep Atre, PhD

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Introduction

Isn't it strange that although day in and day out, we humans guide our actions, base our behaviors, measure our mental-state and practically live our lives on the basis of emotions, yet we are hardly aware of how they operate? We are taught how numbers, words, funds, instruments or economies work but we are seldom taught how our emotions work.

As a result, we live our life almost emotionally illiterate, vulnerable to the whims of this elusive and massive mental force we have very less idea about. It continuously keeps us guessing and comes and goes on its own will, much beyond our comprehension or control. In other words, we are left to live with a constant inner struggle with a part of our own.

Won't it be a good idea to at least know what actually is happening to us when it is happening? It might help us to do something about it or at least it would give us 'awareness'. So, this book makes an effort to bring logic to how we see emotions. It backs the discussion of emotions with science. And knowledge liberates! So, once you will get a better grasp of the inner workings beneath your emotional self, hopefully, you would be able to have a healthier and more enriched emotional life.

The way this book sees 'emotions' lies somewhere in the middle of the triangle formed by three domains: cognitive psychology, affective neuroscience and evolutionary biology. It discusses not only the topics related to emotions but also many matters related to mind. It is so because both of them are pretty intertwined, and together they would help us understand

Most of us live our lives ‘highly educated’ but ‘emotionally illiterate’!

We all have witnessed our intelligence getting overpowered by our sentiments – the moments when ‘what we think’ is simply overridden by ‘how we feel’. So, by what criteria do we declare ourselves discretely ‘Homo sapiens’ (wise men)?

The fact is that while a burger breaks our resolve, an insult overpowers our self-control or a relationship-trouble costs us our careers, we simply remind ourselves that we are not the thinking -beings we pose to be. Inside us lie the real rulers of our mental terrain – emotions.

And any pursuit of understanding humans is dangerously incomplete without developing insights into how our emotions work.

Understanding Emotions logically

A layman’s guide to the foundations of ‘Social Intelligence’

attempts to answer all major questions related to emotions in scientific yet simplified manner, and helps you see emotions more logically.



Sandeep Atre, PhD

