

## **Emotions and Identity**

### **Why should we relate emotions with identity?**

The emotional reactions that we have before certain objects, persons, events, behaviors, real or fictitious situations-, reveal to us something about ourselves, something about the type of persons that we are or that we could become.

Therefore, it is not strange that in the era we are living, filled with so many uncertainties, marked by strong identity crises, that individuals turn to their emotions as a sign that somehow they can provide them with guidelines so as to be able to learn something about themselves.

### **Are emotions reliable in the topic of identity?**

Only partially. The passing characteristic of emotions impede us from considering them as something more than simple indicators; by themselves, our emotional reactions permit us to distinguish between the our own traits that respond to a momentary situation and those which take root in deeper strata of our being. In order to be able to make this distinction we need more resources than just emotions alone.

### **What are resources are involved?**

To reflect upon our emotional reactions is not necessarily a problem-free road to follow. Introspection, reflection on the emotion itself easily contaminates the sense that it had in the beginning.

It is more promising to reflect upon the actions that we carry out under the influence of emotions. The action, which indicates discernment, a conscious selection of the possibilities suggested by emotion, contains a moment of a sense of the exterior in which the original emotion somehow objectifies itself, offering itself to its own view and to the view of another. In this way, the actions and productions of men allow themselves to be analyzed.

### **Isn't this what human sciences try to do?**

Certainly: human sciences essentially respond to persuasion from we can decipher the human subjectivity by analyzing the actions and productions in which it is expressed, objectivized and materialized. The actions that we carry out, the cultural objects that we produce, or with which we seriously identify ourselves reveal something about ourselves.