

Emotions and Mental disorders

** Secular Psychotherapy leaves out the issue of sin (much can be learned from other points)*

1. Emotions are useful states shaped by **our experiences and how we deal with them.**
2. No one aspect of emotions is primary.
3. Each emotion is distinguished not by its function, but by the adaptive challenges of the situation in which it is useful.
4. The emotions and their subtypes have been partially differentiated from generic precursors into more specific emotions and subtypes to cope with specific kinds of situations.
5. The situations that arise in goal pursuit have shaped specific emotions.
6. The challenges associated with certain recurring social situations have shaped special social emotions.
7. Emotions and affects are valenced (prioritized) for good reason.
8. Negative emotions are just as valuable as positive emotions.
9. Negative emotions seem abnormal because of the “clinician’s illusion.”
10. The “smoke detector principle” explains why we experience so many normal but individually unnecessary instances of negative emotion.
11. There are large individual differences in emotional tendencies.
12. Most mental disorders are emotional disorders.

From the perspective of an atheist evolutionist Psychology professor –

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