



Emotions and Motivation

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THE FEELINGS!



FEELINGS

- Ups and downs are common in life
 - We all have them
- If you are experiencing difficulty functioning due to your feelings, then there is a need to seek help
 - Avoiding social situations
 - Being overwhelmed
 - Difficulty with concentration
 - Cannot leave the house
 - Difficulty sleeping



TAKE A PILL

- If you are feeling bad...Take a pill!
 - Or so says popular culture



WAITING FOR THE FEELING

- If you wait for the feeling, you probably won't do it



CHANGES IN LIFESTYLE AND MOOD

- Exercise
- Hobbies
- Learning Communication Skills
- Journaling
- Relaxation techniques



FOOD AND MOOD

- Food is medicine
 - Fast food
 - Processed food
 - Sugar
 - Caffeine
 - Any substance abuse



ACT- ACCEPTANCE AND COMMITMENT THERAPY

- Acceptance and mindfulness strategies, together with commitment and behavior change strategies, to increase psychological flexibility
- Essentially
 - Learning to accept the problem
 - Commitment is to give up the war of denying or fighting one's history and emotional states and find opportunities for empowering behaviors



THE MOTIVATION!



MOTIVATION

- Motivation is defined as the process that initiates, guides and maintains goal-oriented behaviors. Motivation is what causes us to act, whether it is getting a glass of water to reduce thirst or reading a book to gain knowledge.



MOOD AND MOTIVATION

- Anger is healthy when controlled
- Good that has come from anger
 - Work harder to reach your goals
 - Stand up for yourself
 - Women' s right to vote
 - Civil rights
 - Self defense



MOOD AND MOTIVATION

- Anger can be used in unhealthy ways
 - Making a scene
 - I will calm down if...
 - Manipulations



MOTIVATIONAL INTERVIEWING

- Motivational interviewing is
 - semi-directive
 - client-centered
- It's a counseling style for eliciting behavior change by helping clients to explore and resolve ambivalence.
- Essentially, the client develops motivation to address their behavior



MOTIVATIONAL INTERVIEWING

- You can lead a horse to water...



MOTIVATIONAL INTERVIEWING

- Motivational Interviewing is a necessity for approaching anger, addictions, and many other times the client is showing lack of motivation.
 - I am not angry!!!
 - My parents forced me to see you!!!
 - My kid is the one with the problem, not me!
- Avoid power struggles with client



MI TECHNIQUES

- Let client decide if the anger is worth it
 - What are the pros and the cons of anger
- Let the client be angry
- Avoid direct confrontation
- Avoid lecturing
- Let the client figure it out



MI TECHNIQUES

- People will have anger relapses
- Did anyone get hurt?
- Did you do anything you regretted?
- How did you stop yourself?
- Was this time better than the usual anger outburst?
- What would it take...
- What will be different next time?



CHOICE THEORY

- Focus on person's choice
- External control does not work
- Action=Consequence

○ -William Glasser



THE INSTINCT !



INSTINCT

- 1) Instinct Theory – states that motivation is the result of biological, genetic programming. Thus, all beings within a species are programmed for the same motivations.
- a) At the heart of this perspective, is the motivation to survive - we are biologically programmed to survive.



INSTINCT

- For example, a human mother, unlike many other species, will stay awake with a crying infant all night long trying to provide comfort. Why? Instinct theory suggests that she is programmed to behave in this manner - it is not due to learning or conditioning, not to being raised properly or poorly, not to having strong female role models or weak role models, or anything else, other than pure **biology**.

- Read more:

<http://www.alleydog.com/101notes/mot-emot.html#ixzz1ufTUOrHB>

**INSTINCT**

- William McDougal (1908) - influential theorist who viewed instincts as behavior patterns that are:
 1. unlearned
 2. uniform in expression
 3. universal in a species

**INSTINCT**

- For example, within a species of bird, all the members may build identical nests and work in the same ways. This is true even for those birds of that species born and raised in captivity and isolation, and thus could not have learned the appropriate nest building behavior from other, experienced role model birds.

- Read more:

<http://www.alleydog.com/101notes/mot-emot.html#ixzz1ufTf2mdi>

**INSTINCT**

- McDougal carried it a step further by stating that humans are the same and have instincts for behaviors such as: parenting, submission, jealousy, mating, and more.

Read more:

<http://www.alleydog.com/101notes/mot-emot.html#ixzz1ufTrhk00>



INSTINCT

- Theorists have never been able to agree on a list of instincts; Many instincts are NOT universal and seem to be more dependent on individual differences (for example, jealousy. Not all humans exhibit the same jealousy levels, behaviors, etc.)
- 4 Fs
 - Fight, Flight, Freeze, Reproduction



THE FEELINGS, MOTIVATION, AND INSTINCT!



THE FEELINGS, MOTIVATION, AND INSTINCT!

- When people have
 - Negative feelings
 - The wrong motivation
 - Instinct
- Things can go wrong



THE FEELINGS, MOTIVATION, AND INSTINCT!

- Fight or flight
 - Power Struggles
 - Lack of assertiveness
- Angry outbursts
- Jealous feelings
- Cheating
- Competition causing fights



CONTACT INFORMATION

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