

Preface to the Paperback Edition

I am particularly delighted that this paperback edition of *Emotions Revealed* affords me the opportunity to share new ideas, insights, and research findings that can help readers lead a better emotional life. In the nearly two years since I finished the original manuscript, and the year since it appeared in the hardback edition, I have received letters from psychotherapists, criminal investigators, portrait artists, lawyers, parents with disturbed children, couples with problems in their marriage, people in business, and others. I share some of the thoughts their letters have inspired here in the preface, to provide an overall guide to what you will learn in the book, and expand a bit on them in a new afterword.

My goal in writing *Emotions Revealed* was to help people improve four essential skills, and thus I have included suggestions and exercises in the book that I hope you will find both helpful and provocative. Those four skills are:

First, becoming more consciously aware of when you are becoming emotional, even before you speak or act. This is the hardest skill to acquire; the book explains why this is so difficult in chapter 2, and provides exercises to help you increase awareness of your emotions in chapter 3 and in sections of chapters 5 through 8, which deal with specific emotions. Developing this skill allows you to have some choice about when you are emotional.

Second, choosing how you behave when you are emotional, so you achieve your goals without damaging other people. The purpose of emotional episodes is to help us quickly achieve our objectives, whether to draw people to comfort us, scare off a perpetrator, or some other of thousands of goals. The best emotional episodes do no harm to and cause no problems for those with whom we are engaged. This is not an easy skill to develop, but with practice it can become part of your life. (The information and exercises on this topic are discussed in chapters 4 through 8.)

Third, becoming more sensitive to how others are feeling. Since emotions are at the core of every important relationship we have, we must be sensitive to how others are feeling. If you would like to go beyond what you read and learn in the book, two new CDs that can help you develop this skill rapidly are now available at my Web site, www.emotionsrevealed.com.

Fourth, carefully using the information you acquire about how others are feeling. Sometimes that means asking the person about the emotion you have spotted, acknowledging how he or she is feeling, or re-calibrating your own reactions in light of what you have recognized. Your response will depend on who the other person is and the history of your relationship with that person. How this varies within a family, in the workplace, and in friendship is explained in the last sections of chapters 5 through 8.

At the end of this edition of *Emotions Revealed*, you will find a new afterword that provides my newest ideas about developing some of these skills.