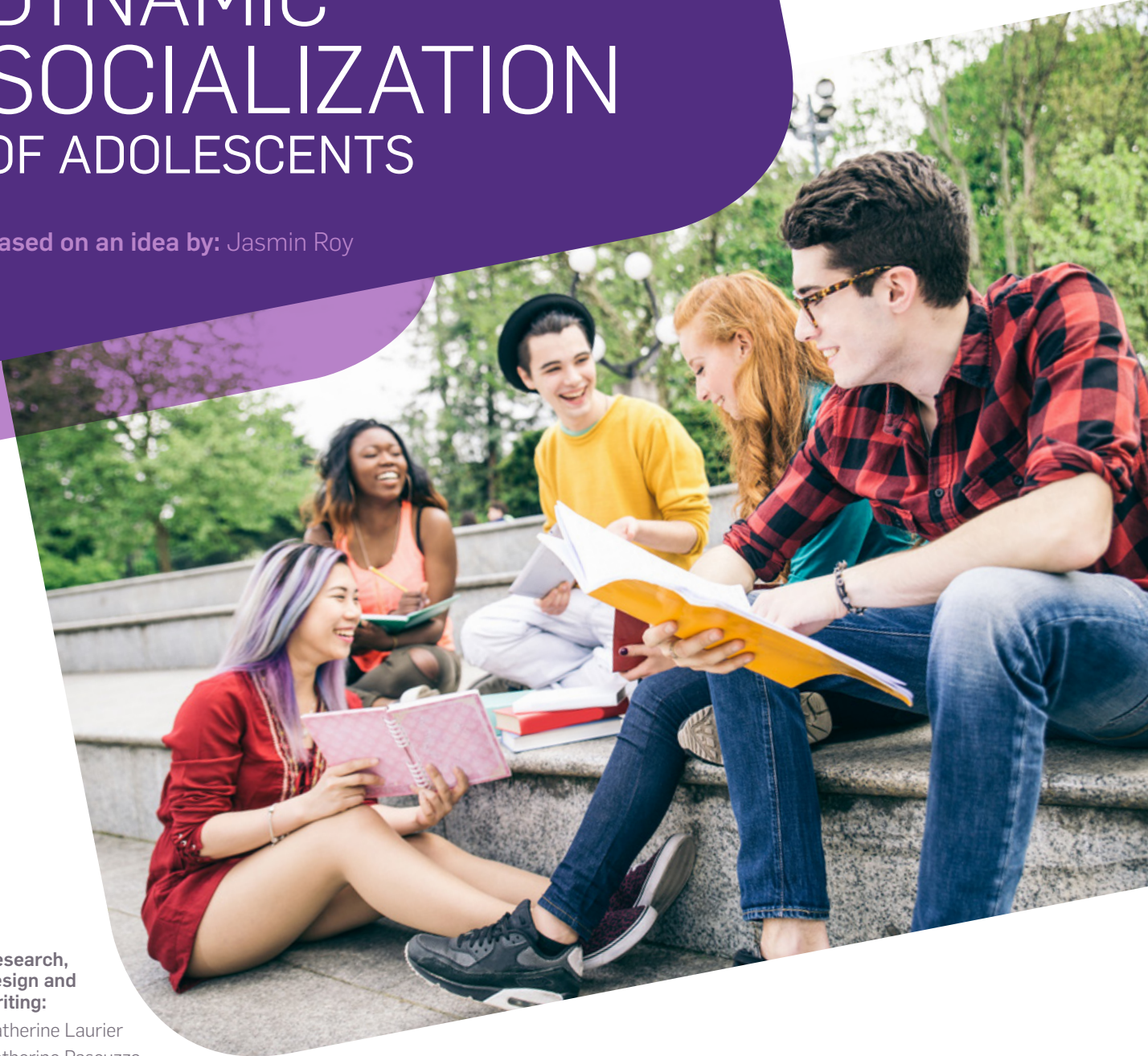


# A GUIDE TO PROMOTE THE DYNAMIC SOCIALIZATION OF ADOLESCENTS

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## EMOTIONS ARE VITAL FOR INTERPERSONAL RELATIONSHIPS

# SHEET E

When we socialize with our peers and become friends, we create strong bonds; this gives us a feeling of belonging. Every day at school or elsewhere in society, we come in contact with all kinds of people. At school, we often share our space with friends, strangers and acquaintances. We find ourselves doing teamwork with all types of people around us. The quality of our interactions and interpersonal relationships is influenced by our emotions. That's why the knowledge of emotions and their recognition and regulation when experienced are very helpful when socializing.

"Knowing how to express our emotions is the ability to **perceive, become aware of, understand [...], articulate and respect them, and then explore and use them appropriately in our relationship with others** so that they are **understood**. To know how to adjust our **behaviour accordingly**, from an early age, is important to encourage this attitude, which develops awareness of what's happening inside ourselves and **others**."

"In fact, emotional development allows us to **communicate, share and interact with others** in order to **respond appropriately** and **develop secure relationships**. It allows us to understand others better and gradually put ourselves in their shoes (at least to a certain extent), grasp their viewpoint and what they feel: this is **empathy**."<sup>3</sup>

In addition, being keenly aware of our emotions helps us properly regulate them. When we are able to understand why we react in this or that way and manage (control) our emotions by taking appropriate steps, we realize that there is often a hidden need behind the emotions we feel. We seek to fulfill this need – if possible. For example, a child who has a tantrum, gets angry and cries because his parents refuse to buy him a toy at the store does not fall into a category of a need that can be fulfilled. Emotion regulation and understanding and correct perception of the situation need to be developed.

Similarly, by listening to people around us and their emotions, empathy allows us to better understand and respond to their true needs. For example, consider a baby who cries because he is hungry, a child who starts talking and screams for attention and the right to speak, etc.

3 - Source : <http://lalettreatable.org/spip.php?article149>