



# EMOTIONAL RIGHTS- A POSITIVE STUDY

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**ABSTRACT:** Emotional rights are those rights which recognizes one's feelings, identifies and recognizes other feelings. This paper traces the emotional rights of the individual, in order to build up strong emotional intelligence. Society expects one to control our feelings and expects us to follow rules, even if those rules restrict and frustrate human beings. This study gives a kick-start of one's emotional self-liberation and gives us the right to feel and to be true to yourself. The paper identifies the emotional rights namely- the right to feel, right to fear, right to want, right to be safe, right to say no, right to protest, right to ask for help, right to make mistakes, right to dream, right to hope, right to change, right to express myself and right to be myself.

**KEY WORDS:** Emotional rights, Society, Right to feelings, Right to want, Right to fear, Right to safe, Right to be myself.

## **Introduction:**

Emotions play an important role in thinking and behaviour of human beings. Emotions which each one feel every day are instrumental in taking actions and influence the decisions in our life. Emotions are equipped with three components namely –Subjective component, Physiological component and Expressive component. Subjective component deals with a person's experience with his emotions, while physiological component of emotions deals with body reaction to the emotions and the resultant component assumes the form of expressive emotions- how one behaves in response to the emotions. This paper is attempt to study the positive side of emotional rights. The study is based on the assumptions that emotions can motivate us to take action, emotions help us survive, thrive and avoid danger, emotions can help in vital decision making process, emotions helps in proper understanding of both persons involved and the core emotions which can influence the society.

Emotional rights are those rights which recognizes one's feelings, identifies and recognizes other feelings. Rights are those conditions recognized by society and sanctioned by the state. The rights are classified into moral and legal rights. Moral rights are those rights which are recognized by inner conscience, while the legal rights are those rights which are recognized by state and legal rights assumes the form of civil, economic and political rights. Yet another rights which requires a special study is related to Emotional rights which traces those conditions which can lead to emotional intelligence.

Emotional rights refers to wishful attitude of oneself and set of feelings of every human beings one has to undergo in his life which can play a major role in observation of moral and legal rights.

A systematic Emotional rights enables one to increase emotional intelligence and the mastering of which can result in success, contentment and happiness of every human being. A thorough knowledge of Emotional rights results in

self-awareness of recognizing one's feelings, accepting and managing one's feelings as well as to support others with their feelings.

Emotional rights of every individual includes the following:

**Right to feel:** Emotional rights concentrates on right to feelings of every one. It requires one to ask himself often "How do I feel?" since every feelings have validity. Though all feelings may not be fun and healthy, yet a proper awareness and understanding of one's feeling can lead to increasing emotional intelligence. Feeling play a big role in communication. Emotional awareness or the ability to understand the feelings will be useful when communicating with other people. Improving emotional awareness depends upon focusing on five skills namely- skill to consider other people's feelings, consideration of self-feeling, skill of empathy, feeling of trust and identification and recognition of misunderstanding.

**Right to fear:** It is but natural that on few instances and occasion, one feels to stay aloof since one is guided by the right of fear. Fear happens when one sense any type of threat. Fear can one feel worried, doubtful, nervous, anxious, and confused. Fear is a totally normal emotion which can teach one to combat and consider it logically. In the event of uncomfortable situation or fear factor, one has to ask himself what is the indication behind fear and is there a way to come out of it?

**Right to want:** The driving force behind everyone's life is right to want. Wants are the self-desire and a driving force behind every activity. Right to want gives one's self the permission to want love, happiness, money, friendship, luxury etc. But one has to realise that wants should be based on priorities and not on desires alone.

**Right to be safe:** There is a dire necessity that emotional right of to be safe is essential and the need of the hour. It is the responsibility of the parents to give their children a feeling of safety. Children should be aware that they are protected. There is a need to ask oneself, 'Am I safe?' and what should I do need to do to feel and be safe? A proper exercise of right to feel and learn to trust will help one to understand when he is safe and when he is not safe.

**Right to say 'No':** One of the emotional rights deals with the question whether I have the right to say No or Yes. Well-wishers and others will have expectations which prompts them to ask one to do which may be not be necessary good and healthy. Everyone has the right to say 'no' which enables one to exercise the emotional right, since saying 'no' may trigger positive or negative reaction.

**Right to protest:** Everyone expects people to treat them fair with respect. Respect is something we all crave but if there are discriminations, one has the right to protest which may need not be loud or rude which again can be considered to be disrespectful too. There is a need for protesting by using phrases which are calm and at the same time assertive like- Iam not happy with the way you are treating me, I had different expectations etc.

**Right to ask for help:** One of the emotional rights which needs to be carefully handled is related to right to ask for help from others. Asking help from others will not make a person weaker, but it teaches the art of inter-dependence. One needs to be little careful when help is sought from strangers and unknown persons.

**Right to make mistakes:** Yet another emotional rights of every human being is related to right to make mistakes. Mistakes are human and no one can be totally perfect in doing things since planning is related to future which are unpredictable and more so because no one is a fortune teller to predict what will be the right thing to do. The outcome of every actions are sometimes not known, so there is no point trying to explain and justify them. Right to make mistakes can make a person emotionally strong, since every mistakes committed enables and teaches him to perfect.

**Right to Hope:** Hopes are the real and true friends of wants which are very much required for motivation of one's self. It is this right which shapes the future to some extent. Human beings who exercise their right to hope handle difficulties and challenges better and are more creative as well as successful in future. There is a need for one to realise that one has to replace "It won't work" with 'It is possible'.

**Right to change:** One of the emotional rights is related to right to change. It is consciousness which drives one to change, assess the pros and cons, situations and change decisions. Our ability to change and accepting is very important for building our emotional strength. Every individual has the right to change the mind, desires, professions etc. If the situation demands a change which is essential for the greater good of all, then change becomes fundamental. One has to realise that change is a natural process in life and there is a need to embrace it positively.


**Right to expression:** Right to expression is an off-shoot of civil right and results in an emotional display. Ideas, thoughts should be expressed though the ideas and thoughts may appear to be silly for others. Everyone has a right to their thoughts and a right to their feelings as well as self-expression which is the birth place of creativity. Right to expression as an emotional right gives us a sense of happiness, especially when it is executed as per the desire of one's self.

**Right to be myself:** One of the emotional right of every human being is related to be one's self, to think clearly without external influences, right to take a break from regular schedule or routine, right to think about himself etc. Right to be myself leads to identification of core values, self-defining, and measuring one's strength. A person who enjoys right to be himself will be honest and open, will never compare himself with others, will stop caring about how people perceive him, will be never a people- pleaser and will never isolate from positive people.

### Conclusion:

Thus emotional rights enjoyed by human beings are three dimensional- namely adaptive, social and motivational. Each emotions, regardless of any positive or negative connotations are useful. Emotional rights prepares the body for action since each emotions are useful .The adaptive functions of emotions results in effective jump into action when required. From the social side, emotions communicate the emotional state of mind and express what is going on inside a person and finally emotions have a motivational function – the relation between motivation and emotions is bidirectional since there is constant feedback between emotions and motivation and vice versa. On one hand, all motivative behaviour produces an emotional reaction, on the other hand, emotions fuel motivation. Much depends on how one uses emotional rights for the right positive ends.

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