Reason and Emotion

Fans of the show Star Trek will recall that Spock made all his decisions based on reason as he was devoid of emotion. People with pure reason appear to be more objective, calm, and more logical. However, it is evident that emotions are an integral part of decision making. Emotions influence the way we think, feel, and express ourselves. People with pure reason are likely to make better decisions because they recognize and allow emotions to influence but not dominate their decision making.

What is the relationship between reason and emotion?

The duality between reason and emotion is what guides our decisions and what makes us move forward, keep our hopes alive, and keep being who we are. Emotional intelligence is a key skill that needs to be mastered and developed to make better decisions.

Reason vs Emotion: Key Drivers in the History of Moral Reasoning

Plato saw Reason and Emotion as two horses pulling a chariot in different directions, while the charioteer struggles to keep them on the right path. The charioteer's role is to balance the two forces and steer the chariot towards the right path. The chaleur of the passions is often seen as a threat to rational decision making. However, without the passions, the soul would be empty and lifeless. Reason and Emotion: A Balance That Yields Good Decisions

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Emotion and reason: A note on Plato, Darwin, and Damasio

It is common to think that emotions interfere with rational thinking. Plato described emotion and reason as two horses pulling us in opposite directions. Modern dual-system models of judgment and decision making also emphasize the role of emotions in decision making. Descartes' Error: Emotion, Reason, and the Human Brain

Emotions and feelings, he argues, are essential to reasoning and decision-making. The human brain, he further contends, is replete with various regions dedicated to emotional and social processing. Emotion and reason: A note on Plato, Darwin, and Damasio

Emotions often lead to "arational" actions, namely actions not performed "for a reason." For example, jumping up and down out of joy or rolling around in one's dead wife's clothes out of grief. Emotion and reason: A note on Plato, Darwin, and Damasio

Are your out-of-control emotions the real reason for your decisions?

Dr. Preeti Singh, senior consultant, clinical psychology and psychotherapy, points out that in times of emotional instability, women tend to use excessive eating and drinking as a coping mechanism.

Emotions and reason: A note on Plato, Darwin, and Damasio

Emotional intelligence is a critical skill in personal and social decision-making. Emotional intelligence is the ability to recognize, understand, and manage one's own emotions, and to recognize, understand, and relate to the emotions of others. Emotional intelligence is essential for effective decision making.

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