

The Four Social Emotions Theory: The New Mental Health

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1. Mental health is the combined **accuracy** with which a person engages in the two consciousness processes; Self-Esteem (SE) - how they look at the past to perceive the present, the "desire to act" - and Self-Confidence - how they plan the future which includes following thru on decisions made, the "ability to act"
2. Accuracy is reduced by **irrational** thinking which, in turn, causes all a person's undesirable and abusive behavior, which can include inaction and silence. When asked to explain, cognitive distortions will be present.
3. Irrational thinking occurs when any of our **four social emotions** - guilt, shame, fear and worry - are out of alignment, causing us to over or under experience them. This happens when the resulting misleading or reduced feelings are permitted to unduly influence our higher-level reasoning as part of our awareness.
4. Proper development creates **balanced emotions** to ensure we do what is best for us and also what is best for the group, thereby maximizing the overall output of the group (courtesy John Nash). If any of the four emotions are too far out of alignment, **mental health** issues will occur as our subconscious undermines our higher-level reasoning with misleading or absent physical sensations, thereby skewing how we see reality.

To put them in perspective, guilt and shame drive our SE process while fear and worry drive our SC process.

Guilt is how we feel about ourselves and is represented by self-love and the question "am I good?". The corresponding happy chemical is oxytocin.

Shame is how we believe others feel about us, principally seen in what we do. It is represented by self-affirmation and the question "do I have value?". It corresponds with the brain chemical serotonin.

Fear drives how we see the future, principally seen in how we make decisions. It is represented in self-control and the question "do I have discretion?". It is associated with dopamine.

Worry drives how we feel about following through in our decisions, principally seen in how we execute tasks. It is represented in self-soothing and the question "will I persevere?". It is associated with endorphins.

Finally, the first emotional blueprint of the four social emotions is in place by age three. The graphic below shows how development flaws drive misalignment and list the corresponding adult behavioral issues.

Inventory for the Four Social Emotions

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A work in progress

Which of the 8 parenting flaws were a factor when you were growing up? Some adversity is desirable, but too much creates imbalance.

Over experience social emotion	Parenting flaw	1) Passive abuse: mental, emotional, economic.	2) Criticized choices.	3) Controlling or coddling, thereby limiting freedom to make mistakes.	4) Responded negatively when failure occurred.
	Behavior flaw	High maintenance	Submissive	Inefficient	Ineffective
	Marker	Needy (fear of abandonment)	Defensive (sensitive when opposed)	Indecisive (procrastinate, avoid change)	Hopeless (resign easily, avoid committing)
SOCIAL EMOTION		GUILT Am I good?	SHAME Do I have value?	FEAR Do I have discretion?	WORRY Will I persevere?
Behavior when in alignment		self-assured / kind	collaborative / creative	measured / diplomatic	Driven / strategic
Healthy parenting		cherish our existence	celebrate choices we make	set boundaries when we err	teach to push thru failure
Under experience social emotion	Marker	Judgmental (anger issues, blaming)	Boastful (self-involved)	Entitled (lack empathy, untrusting)	Reckless (myopic, stubborn)
	Behavior flaw	Abrasive / divisive	Inappropriate	Controlling	Shortsighted
	Parenting flaw	5) Aggressive abuse: verbal, physical, sexual.	6) Ignored choices.	7) Oblivious to or enabled undesirable behavior.	8) Ignored failures.

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