1. Perhaps the most disturbing single piece of data in this book comes from a massive survey of parents and teachers and shows a worldwide trend for the present generation of children to be more troubled emotionally than the last: more lonely and depressed, more angry and unruly, more nervous and prone to worry, more impulsive and aggressive.
2. At the same time, the body freezes, if only for a moment, perhaps allowing time to gauge whether hiding might be a better reaction.
3. Think back to the last time you "lost it," blowing up at someone—-your spouse or child, or perhaps the driver of another car—to a degree that later, with some reflection and hindsight, seemed uncalled for.
4. It frantically commands that we react to the present in ways that were imprinted long ago, with thoughts, emotions, reactions learned in response to events perhaps only dimly similar, but close enough to alarm the amygdala.
5. Even Richard Herrnstein and Charles Murray, whose book The Bell Curve imputes a primary importance to IQ, acknowledge this; as they point out, "Perhaps a freshman with an SAT math score of 500 had better not have his heart sec on being a mathematician, buc if instead he wants to run his own business, become a U.S. Senator or make a million dollars, he should not put aside his dreams. . . . The link between test scores and chose achieve-mencs is dwarfed by the totality of other characteristics that he brings to life.'¦\*
6. But Judy is actually a keen observer of the social politics of her preschool classroom, perhaps the most sophisticated of her playmates in her insights into the tides of feeling within the others.
7. Perhaps this is so because, as Gardner suggested to me, his work is so strongly informed by a cognitive-science model of mind.
8. This focus, perhaps unintentionally, leaves unexplored the rich sea of emotions that makes the inner life and relationships so complex, so compelling, and so often puzzling.
9. When her therapist suggested that perhaps she was upset because the movie reminded her of her own mother, who was in actuality dying of cancer, the woman sat motionless, bewildered and silent.
10. A contrasting view, perhaps a reaction against the bleak Picture of these other two, holds that anger can be prevented entirely.
11. Perhaps a safer alternative is going for a long walk; active exercise also helps with anger.
12. So do relaxation methods such as deep breathing and muscle relaxation, perhaps because they change the body's physiology from the high arousal of anger to a low-arousal state, and perhaps too because they distract from whatever triggered the anger.
13. While at first researchers saw repressors as a prime example of the inability to feel emotion—cousins of alexithymics, perhaps—current thinking sees them as quite proficient in regulating emotion.
14. There is perhaps no psychological skill more fundamental than resisting impulse.
15. What Walter Mischel, who did the study, describes with the rather infe¬licitous phrase "goal-directed self-imposed delay of gratification" is perhaps the essence of emotional self-regulation: the ability to deny impulse in the service of a goal, whether it be building a business, solving an algebraic equation, or pursuing the Stanley Cup.
16. Their research, among other studies, showed that there are two kinds of anxious students: those whose anxiety undoes their academic performance, and those who are able to do well despite the stress—or, perhaps, because of it.
17. Being able to enter flow is emotional intelligence at its best; flow represents perhaps the ultimate in harnessing the emotions in the service of performance and learning.
18. It is perhaps best captured by ecstatic lovemaking, the merging of two into a fluidly harmonious one.
19. That makes sense, perhaps, in terms of the skilled practice that allows people to get into flow;
20. Perhaps the largest body of research on people's ability to read such nonverbal messages is by Robert Rosenthal, a Harvard psychologist, and his students.
21. United States and eighteen other countries, the benefits of being able to read feelings from non¬verbal cues included being better adjusted emotionally, more popular, more outgoing, and—perhaps not surprisingly—more sensitive.
22. Stern contends that the countlessly repeated moments of attunement or misattunement between parent and child shape the emotional expectations adults bring to their close relationships—perhaps far more than the more dramatic events of childhood.
23. Making love is perhaps the closest approximation in adult life to this intimate attunement between infant and mother.
24. When a parent consistently fails to show any empathy with a particular range of emotion in the child—joys, tears, needing to cuddle—the child begins to avoid expressing, and perhaps even feeling, those same emotions.
25. It is perhaps as likely that a child his age will see a sibling's upset as a chance for vengeance, and so do whatever it takes to make the upset even worse.
26. Another, perhaps more crucial kind of self-monitoring seems to make the difference between those who end up as anchorless social chameleons, trying to impress everyone, and those who can use their social polish more in keeping with their true feelings.
27. Because his lack of social grace was most profound when he was around women, Cecil came to therapy wondering if perhaps he had "homo¬sexual tendencies of an underlying nature," as he put it, though he had no such fantasies.
28. Social ineptitude is perhaps most painful and explicit when it comes to one of the more perilous moments in the life of a young child: being on the edge of a group at play you want to join.
29. If the test of social skill is the ability to calm distressing emotions in others, then handling someone at the peak of rage is perhaps the ultimate measure of mastery.
30. Such refined skill in the fine art of emotional influence is perhaps best exemplified by a story told by an old friend, the late Terry Dobson, who in the 1950s was one of the first Americans ever to study the martial art aikido in Japan.
31. Perhaps the biggest breakthrough in understanding what holds a marriage together or tears it apart has come from the use of sophisticated physiological measures that allow the moment-to-moment tracking of the emotional nuances of a couple's encounter.
32. But this painfully caustic interchange was between a couple who (perhaps not surprisingly) divorced within the next few years.
33. Their encounter took place in a laboratory run by John Gottman, a University of Washington psychologist who has done perhaps the most detailed analysis ever of the emotional glue that binds couples together and the corrosive feelings that can destroy marriages.
34. And such attacks, perhaps understandably, become more likely the more a husband or wife feels their complaints go unheard or ignored.
35. Perhaps the most virulent of such toxic thoughts are found in husbands who are physically violent to their wives.
36. This is perhaps the most dangerous turning point for marriage, a catastrophic shift in the relationship.
37. The harsh criticism made those who received it so demoralized that they no longer tried as hard at their work and, perhaps most damaging, said they no longer felt capable of doing well.
38. More to the point than diversity training courses—or perhaps essential to their having much effect—is that the norms of a group be decisively changed by taking an active stance against any acts of discrimination, from the top echelons of management on down.
39. Perhaps the most rudimentary form of organizational teamwork is the meeting, that inescapable part of an executive's lot—in a boardroom, on a conference call, in someone's office.
40. The result of this attitude-will-cure-all rhetoric has been to create widespread confusion and misunderstanding about the extent to which illness can be affected by the mind, and, perhaps worse, sometimes to make people feel guilty for having a disease, as though it were a sign of some moral lapse or spiritual unworthiness.
41. Perhaps the most compelling data on the medical significance of emotion come from a mass analysis combining results from 101 smaller studies into a single larger one of several thousand men and women.
42. Anxiety—the distress evoked by life's pressures—is perhaps the emotion with the greatest weight of scientific evidence connecting it to the onset of sickness and course of recovery.
43. Perhaps the most telling testimony to the healing potency of emotional ties is a Swedish study published in 1993.
44. Perhaps the most powerful demonstration of the clinical power of emotional support was in groups at Stanford University Medical School for women with advanced metastatic breast cancer.
45. Such children are likely to go through life with a defeatist outlook, expecting no encouragement or interest from teachers, finding school joyless, perhaps eventually dropping out.
46. Perhaps most troubling, Martin already seems to lack the most primitive sort of empathy, the instinct to stop aggression against someone who is hurt.
47. What is perhaps most troubling about the abused toddlers is how early they seem to have learned to respond like miniature versions of their own abusive parents.
48. Perhaps the most instructive paradigm for understanding the emotional learning such abused children have undergone is in seeing how trauma can leave a lasting imprint on the brain—and how even these savage imprints can be mended.
49. Perhaps most striking was how the memory of those few minutes was revived again and again by any small detail that was similar in the least.
50. Especially significant is no longer having trauma memories erupt at uncontrollable moments, but rather being able to revisit them voluntarily, like any other memory—and, perhaps more important, to put them aside like any other memory.
51. Perhaps as a result, middle-aged women who remember having been especially shy in childhood, when compared with their more outgoing peers, tend to go through life with more fears, worries, and guilt, and to suffer more from stress-related problems such as migraine headaches, irritable bowel, and other stomach problems.
52. Perhaps the best illustration of the kinds of experiences that can alter temperament for the better is in an observation that emerged from Kagan's research with timid children.
53. The difference was so great that the rich rats' brains were heavier, and, perhaps not surprisingly, they were far smarter at solving mazes than the poor rats.
54. Perhaps the most telling data of all—a direct barometer of dropping levels of emotional competence—are from a national sample of American children, ages seven to sixteen, compar¬ing their emotional condition in the mid-1970s and at the end of the 1980s.
55. There has also been a corresponding threefold rise in the number of children who have gotten psychological help (perhaps a good sign, signaling that help is more available), as well as a near doubling of the number of children who have enough emotional problems that they should get such help but have not (a bad sign)—from about 9 percent in 1976 to 18 percent in 1989.
56. As we have seen, the family life of such aggressive children typically includes parents who alternate neglect with harsh and capricious punishments, a pattern that, perhaps understandably, makes the children a bit paranoid or combative.
57. In after-school sessions they learned some basic emotional skills, including handling disagreements, thinking before acting, and, perhaps most important, challenging the pessimistic beliefs associated with depression—for example, resolving to study harder after doing poorly on an exam instead of thinking. "I'm just not smart enough."
58. It is perhaps no surprise that such children come to feel that they are helpless to do any better at making friends; their social incompetence becomes a self-fulfilling prophecy.
59. Some may end up addicted through becoming small-time dealers themselves, others simply because of the easy access or a peer culture that glamorizes drugs—a factor that heightens the risk of drug use in any neighborhood, even (and perhaps especially) the most well-off.
60. To be sure, not every mental disorder can be prevented—but there are some, and perhaps many, that can.
61. There is perhaps no subject where the quality of the teacher matters so much, since how a teacher handles her class is in itself a model, a de facto lesson in emotional competence—or the lack thereof.
62. Perhaps the most telling sign of the impact of such emotional literacy classes are the data shared with me by the principal of this twelve-year-old's school.
63. Anger: fury, outrage, resentment, wrath, exasperation, indignation, vexation, acrimony, animosity, annoyance, irritability, hostility, and, perhaps at the extreme, pathological hatred and violence
64. Perhaps the two best assessments of the emotional mind are offered independently by Paul Ekman, head of the Human Interaction Laboratory at the University of California, San Francisco, and by Seymour Epstein, a clinical psychologist at the University of Massachusetts.
65. Neuroscientists have mapped the circuitry for fear in perhaps finest detail, though at the present state of this art the full circuitry for none of the emotions is completely surveyed.
66. Fear, in evolution, has a special prominence: perhaps more than any other emotion it is crucial for survival.
67. In these early times, mental life was brutish: the senses and a simple repertoire of reactions to the stimuli they received got a lizard, frog, bird, or fish—and, perhaps, a brontosaurus—through the day.