

CONVINGERI IRAȚIONALE ȘI MECANISME DE EVALUARE IMPLICATE ÎN EMOȚII

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Abstract

The aim of this paper is to approach the relationship between the negative emotions and the irrational beliefs. The emotions depend of the way we think. The purpose of this paper is to emphasize the degree and the way in witch irrational beliefs influence our coping mechanisms when we face emotional state; knowing the cause we can eliminate the effect taking actions upon the first one. More exactly it means that we improve our way of life changing the way we think and changing our attitude, regarding our life.

Keywords: *negative emotions, irrational beliefs, coping*

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