



## Die Emotion Lust (German Edition)

*Daniela Manske*

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Studienarbeit aus dem Jahr 2007 im Fachbereich Biologie - Humanbiologie, Note: 2,0, Universität Augsburg, Veranstaltung: Gehirn, Emotionen und Bewusstsein, 6 Quellen im Literaturverzeichnis, Sprache: Deutsch, Abstract: Freude und Trauer, Liebe und Hass, Wut und Lust: Unsere Emotionen beeinflussen unser Denken und Handeln mehr, als wir glauben. Für den Neurowissenschaftler Antonio Damasio sind Emotionen sogar die geheimen Regisseure unseres Alltags, denn es vergeht kein Moment, in welchem unsere Emotionen „ausgeschaltet“ sind. Jedes banalste Ereignis wird von unterschiedlichsten subjektiven Gefühlen begleitet.

Früher galten diese Emotionen als unliebsamer Ballast, der insbesondere den Frauen zum rationalen Denken im Wege stand. Heute lernen wir sie dagegen immer mehr zu schätzen, besser zu deuten, zu respektieren und sinnvoll zu nutzen. Somit gelang der Begriff der „Emotionalen Intelligenz“, der diese Fähigkeiten benennt, nach und nach in den Öffentlichkeitsfokus.

Neue Erkenntnisse verdankt man seit Ende der 1980er-Jahre bildgebenden Verfahren wie der Computertomographie, durch welche man das Gehirn in Aktion beobachten kann und aktive Hirnareale verschiedenen Gefühlen zuzuordnen weiß. Dabei stellen sich immer wieder erstaunliche Verbindungen und Funktionen heraus, welche uns dabei helfen können, das Verhalten der Menschen tiefgehender als je zuvor zu analysieren.

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