

# Why educating and training of emotions

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■ **ABSTRACT**

The purpose of the study was to find out why educating and training of emotions after this study we can conclude that emotions are psychological and psychological reaction of mind. Two types are of emotions – positive and negative. When we feel emotions this is abnormal situation. Educating and training of emotions both are very important and necessary for getting following points. For good understanding the strength of emotions, for getting special solution/idea, for doing some better, for remembering and getting the aim, for giving side direction, for getting confidence, for controlling the emotions, for good conditioning and for easily facing abnormal situation.

■ **KEY WORDS** : Educating ,Training, Emotions

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