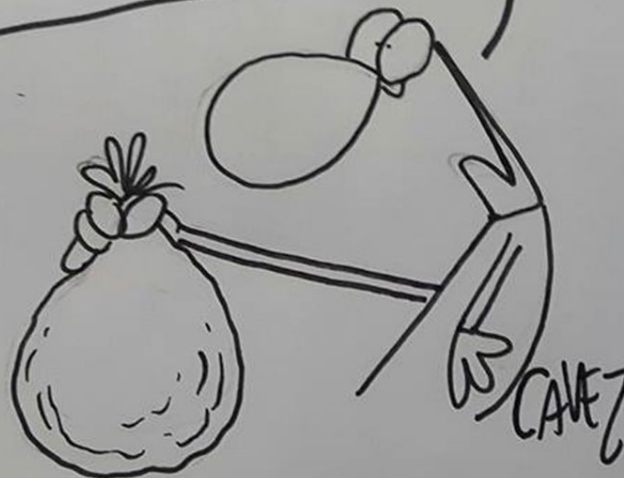


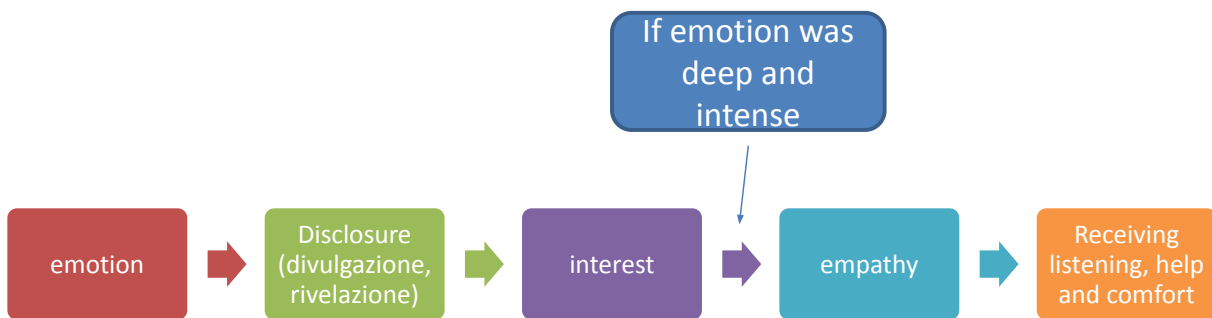
## Sharing (condividere) emotions



DOBBIAMO CONDIVIDERE  
LE EMOZIONI.  
ECCO... QUESTE SONO LE MIE...  
TIENILE PER UN PO',  
POI ME LE RENDI!



# Process of social sharing of emotions



Social sharing usually happens in a dyad



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## Emotions are short, but we can recall them!

- ◆ Shortness of emotion
  - ◆ explicit manifestations last for a while (arousal and behavioral expressions)
  - ◆ Implicit manifestations of emotions (subjectivity) can last longer, until we consciously try to regulate them

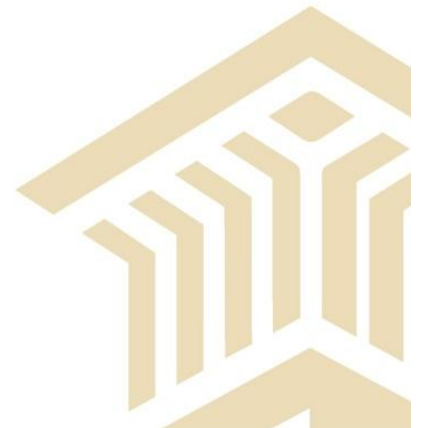


# Social sharing of emotions

- ◆ Social sharing: taking memories back through a narration towards *(verso)* others (need for a recipient, at least a symbolic one) □ external expression, talk
- ◆ Most of people share their emotions by telling their story (Rimè, various studies)
  - ◆ When?
    - ◆ The same day it happens (55%) or the same week (21%)
  - ◆ How many times?
    - ◆ at least once *(almeno una volta)* (around 90% of us)
  - ◆ To whom?
    - ◆ Some of them do it with more than one person (59%)
    - ◆ More than once with different people (18%)
      - Close friends (35%)
      - Partner (29%)
      - Members of our family (28%)



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## Social sharing (condivisione) of emotions

- ◆ Emotions as a way to «contact» others (Rimé)
  - ◆ Once emotion is gone, we take it back in order to share it and start a contact with somebody else. Emotions in interpersonal exchanges
    - ◆ Think about the most important information you have communicated lastly *(ultimamente)*
    - ◆ Usually they are associated to our emotional experiences
  - ◆ Why do we communicate about emotions??
- ◆ Social sharing brings emotions back (*fa rivivere l'emozione*)



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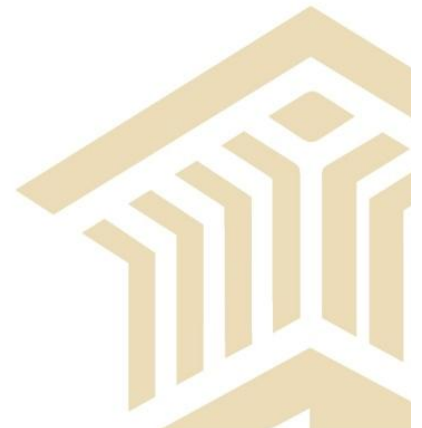


# Effects of social sharing

- ◆ Sharing brings the negative emotion back!
- ◆ Sharing *does not reduce suffering* and *does not help emotional recovery* (recupero; ritorno alla condizione precedente)



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## Social sharing (condivisione) of emotions

- ◆ Since sharing does not improve our wellbeing, then why do we share? (try to find examples for each of these reasons)
  - ◆ **Cognitive re-organization:** to better define, clarify and re-elaborate our bodily sensations as well as our belief ; to look at the event with a higher distance, to improve our judgmental capacity, to clear our mind □ developing a script (copione) of the event
  - ◆ Seek for (cercare) **emotional restoring** (comprehension, acceptance, decrease of solitude)
  - ◆ seek for different **insights and coping strategies**, that can help us better facing the situation □ others give us different interpretations, distraction, sharing of their personal similar experiences
  - ◆ To **justify** our feelings, decisions and behaviors



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# Secondary social sharing of emotions

- ◆ Empathy circuit:
  - ◆ The listener's empathy offers closeness and help to the narrator, but activates also the need to go beyond the dyad
- ◆ If the emotions shared was intense, the listener feels the same need to share the emotion □ secondary social sharing
- ◆ Secondary social sharing follows the same rules as primary social sharing (in terms of «when, to whom, how many times», etc.)
- ◆ Expressive narration:
  - ◆ Usually it is more likely to share an expressive narration (dense, intense, using «images» and affective words, poor on the logical level) instead of logical narrations (colder, but poorer on the expressive level)



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## Social adaptive purposes

- ◆ Tertiary social sharing has also been shown!



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“Chain Of Gossip”  
by Norman  
Rockwell



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## Social adaptive purposes

- ◆ Tertiary social sharing has also been shown!
- ◆ Lack of privacy and discretion are not a limit, but are tolerated because they help:
  - ◆ Fast circulation of information across the social group
  - ◆ planning useful strategies
    - ◆ E.g. a friend who is maltreatment
- ◆ Affective networks:
  - ◆ Encourage sharing by offering help and support
  - ◆ Are efficient and help the spread (propagazione) of information in the society



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# More collective forms of social sharing

- ◆ Participation to **collective rites and rituals** (e.g. funerals)
  - ◆ As for social sharing, they enhance (*accrescono*) the negative feelings, but promote social support
- ◆ **Public celebrations** (e.g. in memory of terroristic attacks)
  - ◆ Need for meeting
  - ◆ Help everyone recognizing themselves as part of the society
  - ◆ Help the building of the collective memory



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Paris,  
November 15<sup>o</sup>  
2015



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Paris,  
November 15°  
2015



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## Emotions and memories of public events

- ◆ Unexpected social events with high emotional impact lead to the creation of «**flashbulb memories**» (ricordi fotografici)
  - ◆ Include the original event
  - ◆ + the personal context when we heard about this news (where we were, with whom, what we were doing, who told us, etc.)
- ◆ Connections between individual life and History
  - ◆ «I was here» □ building of personal identity
- ◆ Impact of the media over time □ debates, new images, etc.

Piazza San Carlo, July 2017



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Genova, August 2018



Bergamo, March 2020





Bergamo, March 2020



Piazza San Carlo, July 2017



# Thinking emotions back: rumination

- ◆ Rumination: internal, mental process of voluntarily think back to our emotions. Not shared with others.
- ◆ Rumination is a repetitive way of thinking about something (usually negative), its possible causes and consequences. Give conscious (*cosciente*) attention to something (usually to our symptoms). Very common in depression.
- ◆ Consequences:
  - ◆ It may be positive: helping us re-elaborate emotions
  - ◆ Or negative: obsessive thinking
- ◆ Rumination fosters (*alimenta*) social sharing.



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## Social sharing and rumination: helpful or not?



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# Empirical findings

- ◆ Social sharing and rumination are as stronger as the emotional impact is higher, they derive from emotional disruption (perturbamento)
- ◆ They are a way to regulate emotions
- ◆ Social sharing does not prevent (non impedisce) rumination, they are parallel
- ◆ Conclusions:
  - ◆ Emotion are persistent events and phenomena
  - ◆ Spontaneously shared and re-evoked
  - ◆ Frequency of re-evocations (internal or external) depends on the intensity of the emotion
  - ◆ It is not clear how helpful they are to re-establish the coherent sense of self

