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The Emotional Versus the Thinking Voice

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The Emotional Versus the Thinking Voice

Due to the increase in online communication, face-to-face interactions are found to be a rare activity, thus new ways of reading one's emotions have been derived whereby the voice of an individual can be used to connect with one's emotions. There has been a debate of emotional versus thinking voices where researchers derived links between these two aspects. Consequently, in an effort to establish these links, the aim of this paper is to analyze our perception of how we interpret other people's actions and moods to identify their emotional states and its relation to thinking voices.

It is important to understand that emotions are never and can never be felt without a thought. Thus, feelings are what we perceive on the inside that triggers a single emotion or mixed ones. Such emotions could be of happiness, sadness or mixed emotions such as awe that originates from fear and admiration. For example, in cases where I felt fear, was when I felt threatened in such cases, my emotions control me to either flee in fear or develop an action plan which would always be attacking. All these are based on the level of fear that originates from my thinking voice.

When angered or sad, one's speech varies from the usual imperturbable form. It becomes louder or softer, erratic or monotonous or even hurried or delayed. This is what captures the attention of the listeners. For example, Schimer, Chen, Ching, Tan and Hong (2013), a total of 48 men and 48 women paid attention sadly and without taking sides to words that were spoken, which were later shown to them how words impact the emotions of individuals.

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It was also noted that women respond sensitively to emotional cases compared to men (Schimer et al., 2013). They were also likely to recall the specific words used by the speaker's voice. This was linked to the levels of the female sex hormone, estrogen.

In conclusion, how we interpret people's actions and moods is based on the voices used. When one is angered, the tone of their voice varies from the normal temperament. Above all, emotions are intertwined with the way one thinks and speaks.

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References

Schirmer, A., Chen, C. B., Ching, A., Tan, L., & Hong, R. Y. (2013). Vocal emotions influence verbal memory: neural correlates and interindividual differences. *Cognitive, Affective, & Behavioral Neuroscience*, 13(1), 80-93.