**Internal emotions are a critical instrument to our happiness so why do we take them for granted?**

We all have internal emotions that guide our actions and interactions with each other. Sometimes we are in tune with our emotions and this helps us reach our fulfilling happiness. But what happens when your internal emotions are misguided, malfunctioning or giving erroneous information as is bound to happen as we go through life. Well, this is likely to culminate in an emotional crash. I believe that observing our physical environment provides fascinating insight into human behavior. Virtually everything man/woman has created is molded in our own image. For this reason I make similarity of our internal emotions with an aircraft. Aircrafts have various instruments that provide the pilot information of what is going on around them. They inform the pilot on vertical distance, speed, temperature, atmospheric pressure and all sorts of other crucial information. A combination of this information is used to help the pilot navigate the aircraft safely towards its destination. However if a critical instrument fails and internal gauges begin to provide erroneous information then it’s likely the pilot will find it more difficult to fly the aircraft safely.

This is the same for humans. We have 5 basic senses; our actions and behavior are hugely dependent on the data that is provided to our brain by these senses. Take for example someone giving you instructions and you fail to correctly pick up a vital bit of information, which you will then need to use later in a practical exercise. This is likely to affect your performance and may have consequences.

As well as our 5 known senses, we also have our internal emotions. Our sense of feeling. This is our radar. Being able to understand how we feel in certain situations often means we can communicate with the feelings of others by putting ourselves in their shows. Our radar is our most critical instrument because it is significantly linked to helping us reach our ultimate destination — happiness. When the emotions that guide our feelings and empathy fail to give us accurate information we behave and carry out actions that compromise our happiness and that of others. Our levels of empathy are dulled or sharpened by life’s experiences. I was empathetic as a teenager. I realized I came from a loving home with little worries in life, and so naturally, I tended to show love and care to others. I was a good listener and could relate to the feelings of others. Until I a shocking event of bereavement occurred in my family. I subconsciously built up walls in defense and this disconnected me from my feelings. My ability to feel and empathize simply eroded. As my internal radar was not functioning properly, I acted with no thought or regard for the feelings of others. I was flying blind and this led me to wreck several relationships including some of those dearest to me. Like a pilot dependent on instruments to feed accurate information of surroundings, humans are dependent on our radar to direct and influence our behavior and interactions. When a pilot loses functionality of their radar they are essentially flying blind.

How may one overcome this blind flying? I hear you ask. Well, for one experience is definitely a good teacher. A pilot may be able to overcome dysfunction of one critical instrument. With their experience, they may be able to detect when a critical instrument is not providing information consistent with other instruments, other observable surroundings or with and expected output. They will be able to use alternative methods to troubleshoot the case or isolate and avoid the instrument for the remainder of the flight. As we grow up and go through life’s challenges we become more experienced and better able to deal with certain instrument dysfunction. However it is worth noting that this is only a temporary fix and early detection plus corrective action is key here.

Secondly, take good note of your environment. Leave nothing to chance and observe patterns. This is difficult, because you need to be in a good mindset to be able to do this effectively but usually the signs are there. You might already be noticing them and asking yourself questions. Take those questions seriously and seek feedback from closed ones, communicating and bouncing off how you feel or what you are thinking with close family and friends is one way to help. It is worth noting that sometimes people in this situation may not be able to communicate and may freeze, unable to express how they feel as their emotions are locked away behind a wall. Hence, this brings me to the last and most important point.

Therapy! Therapy! Therapy! Your family and friends are good people and may be willing to help but they are not professionals. It's not always easy to detect, but if you feel you are disconnected from your internal emotions then you should seek professional help immediately. In fact, my personal opinion is people should attend therapy regularly even if they feel perfectly fine. Just as you attend regular physical examinations, like eye or dental checks. Understandably, it’s not always affordable but it is possible to find some low-cost counseling services online. Don’t wait until an event occurs before you take positive action. Professional counselors will know how to get you to confront and expunge your feelings or the series of events that led you to where you are. They will also be able to help you understand what is going on inside your conscious and subconscious self, if you are open and honest with them. Its baby steps but consistently speaking to a therapist who will ask you probing questions about your feelings and reactions to certain events will help you find emotional rationality. And hopefully help you regain control of your most critical life instrument.