

Emotional awareness warm-up

FEAR
LOSS
RAGE

CARING
LUST
PLAY
SEEKING

DISGUST
SURPRISE?

Choose **one** basic emotional affect, X, listed above: _____

Answer the following questions with **jot notes** that you can understand:

1. What are **two situations** when you feel X?
2. What kinds of things do you **say** when you feel X?
3. What kinds of things do you end up **doing** when you experience X?
4. How do you **notice when others** might be feeling X?
4. Where in your **body** do you feel X (i.e. feel things when X happens)?
5. What is the texture of the feeling? Temperature? Color? Anything else you notice about how it feels?
6. What sort of thought patterns do you exhibit when you feel X?

When you're done, explain your answers to a partner, and ask your partner to be more descriptive if you don't understand his/her answers.

Awareness of complex emotions

Choose a "complex" emotion Y that might affect your long term rationality: _____.

Answer the following questions with **jot notes** that you can understand:

1. What is **one situation** in which you experience Y?
2. What kinds of things do you **say** while experiencing Y?
3. What sort of things do you **do** when experiencing Y?
4. What "**raw feelings**" do you experience with Y? Are any of these feelings "basic emotional affects" that we've named, or are they something else?
5. What thought patterns do you experience with Y?

When you're done, explain your answers to a partner, and ask your partner to be more descriptive if you don't understand his/her answers.

Commit these observations to memory using Anki cards so that you will notice your emotions and understand their consequences more quickly and effortlessly in the future!