# Emotions & Decisions



Thursday, October 28, 2021

#### **Emotional Reactions/Moods**



- Emotions, they are ever present
  - When was the last time you felt annoyed at something that had just happened?
  - When was the last time you felt happy at something that had just happened?
  - Think back to when these two emotions happened, did you feel in control of your emotions?

#### How many emotions are there?



• Let's guess by putting your answer in the chat

#### **Emotions**



There are 34,000 possible emotions.

Alan Watkins spent his life studying human beings. Here's what he discovered.

## Alan Watkins on Emotions



- Infants have two primary emotions: happiness and distress
- At about the age of 1, a child begins to develop a physical awareness that they exist, but they haven't developed an emotional self-awareness
- As a toddler, they still haven't developed an awareness of their own emotions as distinct and separate from others.
- At about 3-4, they begin to realize that what they are feeling others may not be feeling.
- In between 3-6, they develop their own identify
- Concrete consciousness begins to develop in between 6 and 9 years of age
- Around the teenager years, kids will try again to get beyond their concrete selves, they test the rules they know and try to break away
- Cat barks like a dog and gets caught: <u>https://www.youtube.com/watch?v=UglfcmDI9K4</u>

## Alan Watkins on Rules

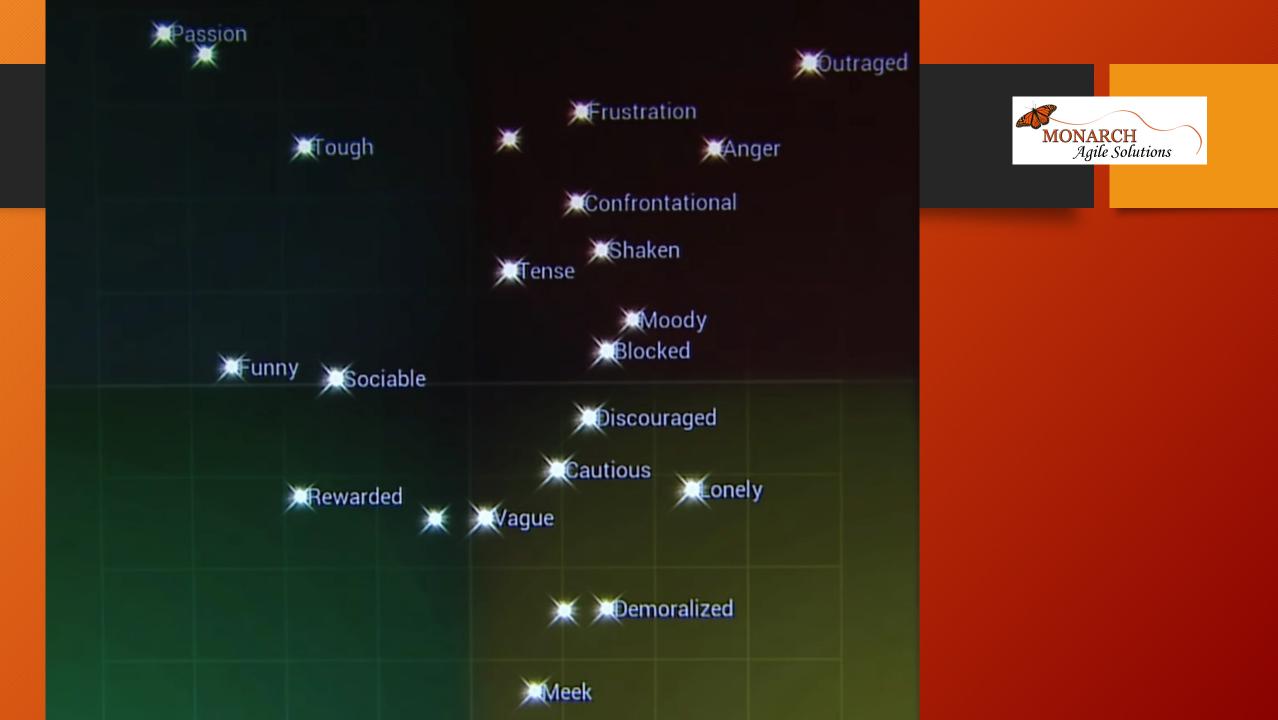


- Societal rules
- Work rules
  - Concrete conscious is where most people stay. Around 9 years old.

## Could a Crisis be the Solution?



- Crisis, intense event
- We all have emotions, but we don't all have feelings about the emotions
- From victim to ownership







# Top 6 Learnings



- It's okay to feel a negative emotion
- Empathize with yourself
- Ask how the emotion is serving you
- If it's not serving you, ask where you'd like to be instead of the negative emotion
- Take the negative emotion out of yourself, hold it out in your hand and find it interesting.
- Choose what emotion you'd like to feel and find out what you need to do to move to a new perspective and a new, more positive emotion

#### References



- App information: Universe of Emotion by Alan Watkins, \$1.99
- Tedx Oxford, Alan Watkins, "Why you Feel what you Feel"