

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: <https://www.youtube.com/watch?v=UglfcmDI9K4>

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

Passion

Outraged

Tough

Frustration

Anger

Confrontational

Tense

Shaken

Moody

Blocked

Funny

Sociable

Discouraged

Rewarded

Cautious

Lonely

Vague

Demoralized

Meek





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”