

Language of Emotions Outline- (General Studies, Northern Star College-Laurie)

What are emotions?

Emotions range in intensity.

Filters on emotions: i.e. cultural, gender, family.

Journaling Exercise.

Learn a broader array of words to express your emotions. From text-

Looking Out: Looking In or Writer's Circle Chart.

a) In Class Exercise- 10:30

Which of these Fallacies are you most aligned with? Provide an example in class.

The Fallacy of Emotions. (Text -Looking Out: Looking In.)

1. Fallacy of Perfection
2. Fallacy of Approval
3. Fallacy of Should

4. Fallacy of Overgeneralization
5. Fallacy of Causation
6. Fallacy of Helplessness
7. Fallacy of Catastrophic Expectations

Mindfulness- Emotional Alchemy- Daniele Goleman pgs. 38-52 Tara
Bennett-Goleman.

Technique related to meditation, with the purpose of keeping
us in the present moment more often.

Mindfulness is a way to sustain awareness.

Exercise-

Body Scanning Technique-

Close your eyes. Breathe in and out for 3 breaths. Put your attention at your throat, how does it feel? Go to your heart and solar plexus. Do you notice sensations anywhere else in your body? Do not judge, just notice. Notice any feelings that accompany these body sensations.

Breathe deeply, bring your mind back to consciousness. Journal any information that you received.

Shadow- Originated by Swiss psychologist Carl Jung

Projection

Repression

Reclaiming Shadow

The Emotions:

Anger

Pleasing Others & subjugation

Perfectionism

Judging

Shame & Shaming

Continue with body scanning 1-2 X per day. Keep a detailed journal of body sensations and emotions.

Try when possible to become mindful of patterns as they are happening.

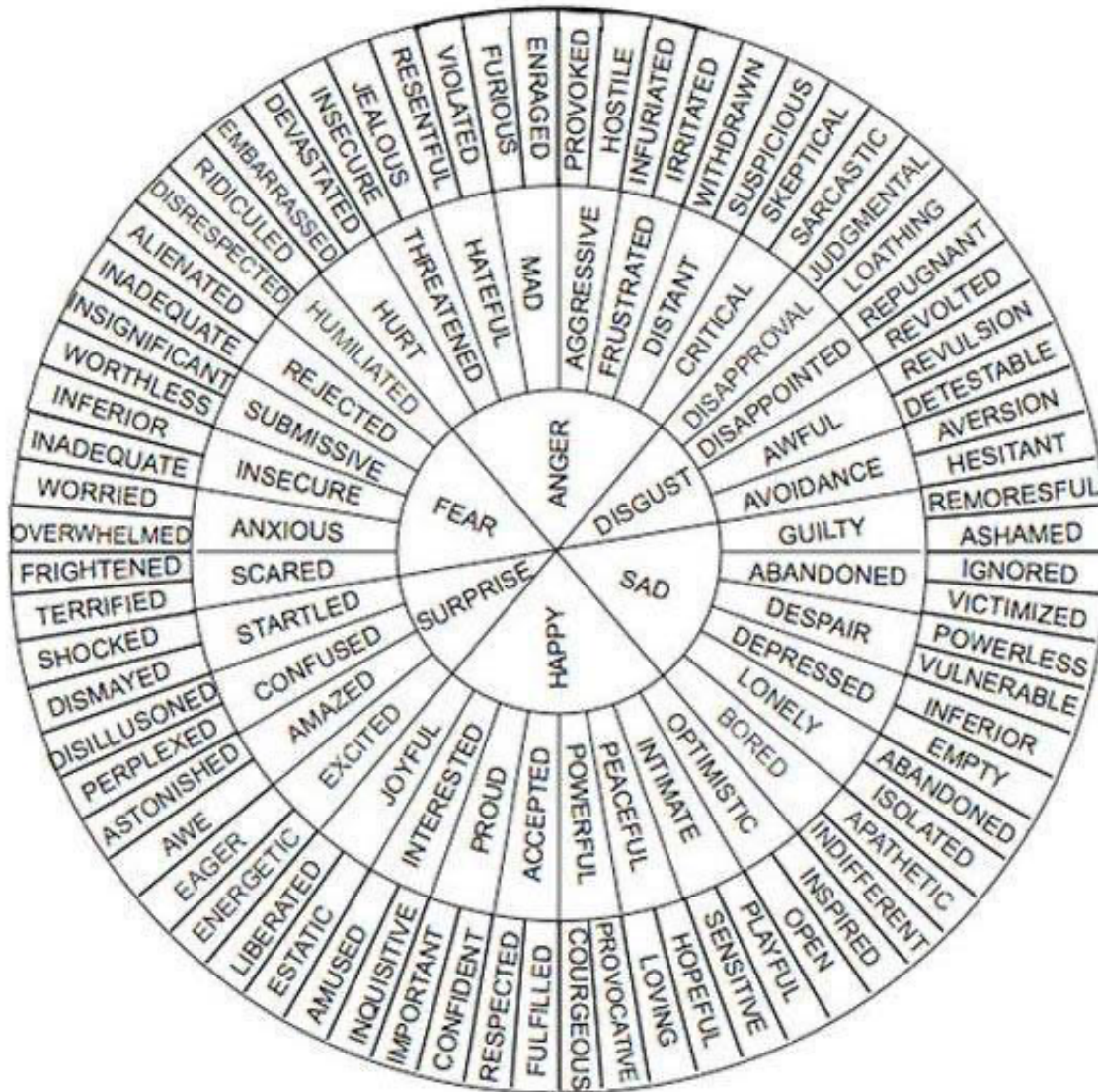
How does being mindful to a pattern change your awareness levels?

Have you noticed any shifts in behavior, relationship patterns, or the way you perceive situations?

What is your next step?

Writer's Circle- Wheel of Emotion ;The Feel Wheel- from writer's circle.

As a writer, this has proven to be a truly valuable chart.



At Home Reinforcement-

Practice mindfulness fifteen minutes per day. Tune into your emotions. Don't judge or get caught in the drama, just breathe and notice what emotions come up.

Keep a daily journal of your feelings, emotions and sensations.

What emotions do you feel most often? Mild or intense?

In what circumstances do you or don't you express your feelings?

What factors determine your freedom of emotional expression?

(Consider the type of emotion, the people involved, the time and place, the subject matter of the emotion)?

Resources for Language of Emotion:

Daniele Goleman: The Alchemy of Emotion.

Gary Zukav: The Heart of the Soul

Anodea Judith: Eastern Body, Western Mind

Communications Text: Looking Out Looking In.

Videos by:

Dan Siegel, Eckhart Tolle and Joe Dispenza

