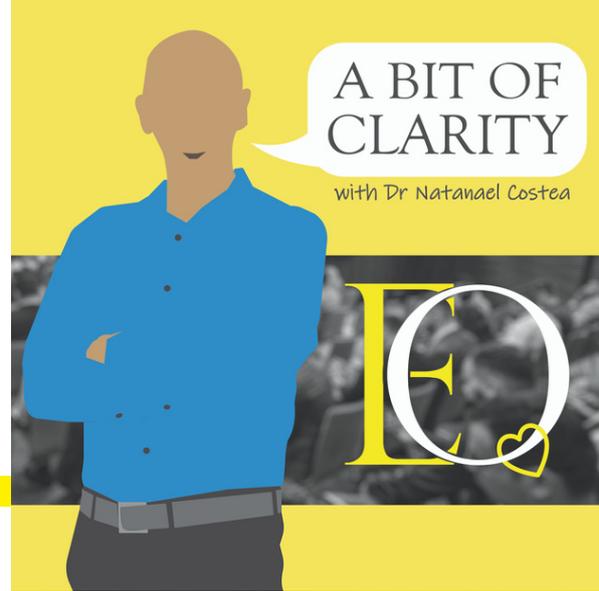


EP 003 EMOTIONS, OUR GAUGE NOT OUR GUIDE

SHOW NOTES



OBJECTIVE

> Develop an understanding of our Emotions as our guide, not our gauge.

UNDERSTANDING EMOTIONS

- > A strong feeling derived from a circumstance.
- > Naming emotions is the beginning of understanding them.

LIST OF EMOTIONS (ROBERT PLUTCHICK'S THEORY) - NOT EXHAUSTIVE:

- > **Fear** – feeling afraid.
- > **Anger** – feeling angry (rage).
- > **Sadness** – feeling sad (sorrow, grief, depressed).
- > **Joy** – feeling happy (gladness).
- > **Disgust** – feeling something is wrong or nasty.
- > **Surprise** – feeling unprepared for something.
- > **Trust** – a positive emotion where admiration is strong.
- > **Anticipation** – feeling positively toward something which is going to happen.

GAUGE NOT GUIDE

> Emotions **report to you**, not you to them. They are **indicative**, not imperative.

APPLICATION

- > What are some of the emotions you experienced today? What was your response?
- > Practice noticing the emotions you go through the day and what triggered them.

RESOURCES

- > More from Dr Natanael Costea: www.eq.org.au
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