

Elements of Emotion Exercise

Goals:

- To identify the different elements of emotion *in action*.
- To discover how rapidly each element of emotion unfolds and how interconnected these elements are.
- To discover how each element of emotion is a doorway into (implies, evokes) the underlying core emotion.

Format: The following 4 Elements of Emotion cards are to be given to 4 different people. While listening to approximately 3-10 min of an EFIT video or a movie excerpt, they are to raise the relevant card when they hear this element of emotion. A fifth card - "Hints of core emotion" is to be given to a fifth person to raise whenever they hear or see any hint of underlying core emotion. (I print them four to a sheet and laminate them. Whenever a card is raised - leader will pause video so that card holder can describe what they have identified. For couples - you can have divide the group - give out 2 sets of cards - one for each partner.

Length (With the pauses – watching a video can easily double the time).

Options:

1. Having identified the elements of emotion in the video, watch the video again without pausing.
2. After the video is over, in small groups have participants formulate the assembly of emotion (e.g. "You recognize how each time you hear your phone ring (CUE), you are immediately flooded with that rush of panic (BODILY AROUSAL) that it will be your mom calling. You notice your body freeze (BODILY AROUSAL) with those dreadful thoughts, "She just doesn't care. She's out to hurt me again!" (MEANING CREATION) and you just want to collapse and pull a blanket over you and go to sleep (ACTION TENDENCY). When you get that panicky feeling that your mom is out to hurt you again (HINT of CORE FEAR linked to MEANING CREATION), you just want to disappear, go silent and talk to no-one. There is no one you feel safe reach out to in those moments" (CONJECTURE, SEEDING SECURE ATTACHMENT). This example is an EFIT example but you can have trainees assemble emotion for both partners.

Suitable for Core Skills

Please note: I have used these cards with at least 4 groups of core skills and advanced trainings – and they have created a very engaged and fun learning experience.

Teaching Points: (from above goals) Discuss:

- the different elements of emotion *in action*.
- how rapidly each elements of emotion unfolds and is interconnected to the other these elements.
- how assembly orders, regulates, creates coherence and opens to new meanings, longings and action tendencies. Discuss how this is happening in your video example.
- how each element of emotion is a doorway into (implies, evokes) the underlying core emotion.

Elements of Emotion

Elements of Emotion Cards

The following 4 *Elements of Emotion* cards are to be given to 4 different people. While listening to a video, they are to raise the relevant card when they hear this element of emotion. A fifth card - "Hints of core (primary) emotion" is to be given to a fifth person to raise whenever they hear or see any hint of underlying primary emotion.

Option: Whenever a card is raised - leader will pause video so that card holder can describe what they have identified.

1

Element of Emotion

Element of Emotion: 1. Danger Cue/Initial Perception

What is seen / heard / sensed that signals a limbic (pre-conscious) "Oh, oh" threat?

2

Element of Emotion

Element of Emotion: 2. Bodily Arousal

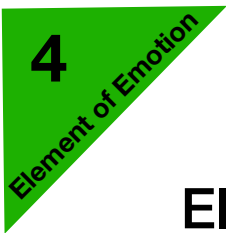
Signs of adrenalin surge -
heart pounding, muscles tensing, breathing changing
fight / flight / freeze responses

3

Element of Emotion

Element of Emotion: 3. Meaning Making

Meanings made in response to the
Danger Cue
Views of Self and Other



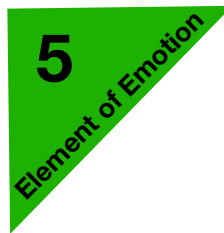
Element of Emotion:

4. Action Tendency

(includes expression of reactive, secondary emotion)

The moves:

What the person does - or feels like doing



Hints of Core (Primary) Emotion

Core Attachment Fears
Separation Distress