

Understanding Emotions -Part 2

HEY

hi I'm okay,
and you?

how are you?

I'm okay

HEY

HEY Im good

HEY

how are you?

I'm okay

how are you?

I'm okay

HEY

I'm okay

how are you?

I'm okay

I'm okay

Im fine

hi

Identify the emotions

As we swim through the movements and currents of the days, weeks, and months we often find ourselves responding to questions about how are we doing with typical utterances of "fine", "all right" or "not too good".

These deeply ingrained expressions in the daily pleasantries only pertain to and showcase a minuscule fraction of our emotional states.

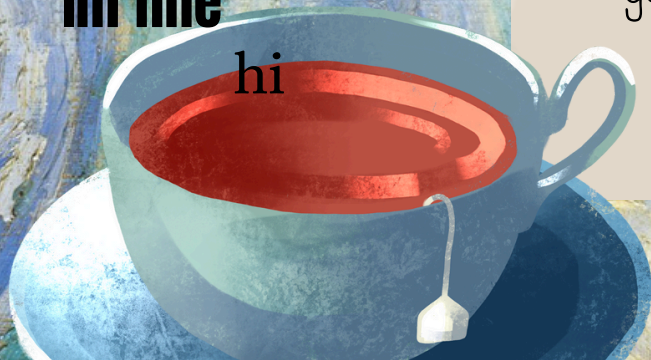
A reflective attempt to be in touch with our emotional states demands a deeper thought and observation about these feelings.

Try asking yourself-

How do I feel

You might come up with the responses like - "I feel okay", "I feel terrible", or "I think feel good". This will hint towards the valance or the quality of the feelings. Like a residue of all your feelings and emotions.

Diving towards a more layered understanding of your state of being, try unpacking these overall general feelings by attempting to name your emotions.



Think about **what you feel** in the moment.

Now, you might see yourself beginning to name your emotions- Stating that you are "happy, sad, angry, ecstatic, excited scared, or surprised".

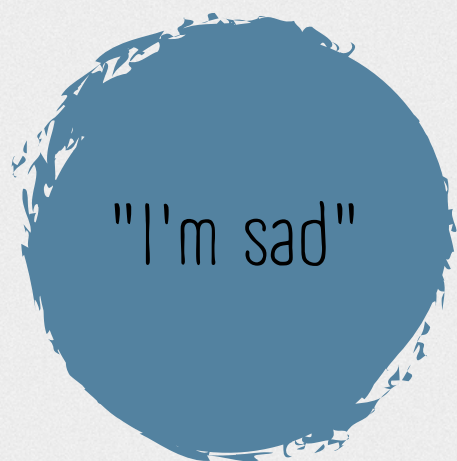
As you are naming your emotions anticipate that the exact name of the emotions might not come up easily.

You may struggle to identify which state of mood or emotion are you in. You can try looking at the box below and recognizing the emotion that you feel at the given time.

The intent of the exercise is not only to demark a specific emotion that you are experiencing, rather it is to understand what all is felt and why are you feeling that emotion.



You might realize that you are feeling a **singular** emotion or you could be experiencing **multiple** emotions at once, some seemingly conflicting emotions could also be experienced at the same time.



Simultaneously ask yourself what is the **intensity** of these emotions. You could be **slightly angry** about a disconnect or **furious** about a certain turn of events, **a bit sad** over a bad day, **extremely pessimistic** about the future, a **little afraid** about an upcoming situation, or extremely **frightened** in the face of urgency. The same emotion may be felt in differing intensities.



Labeling of these emotions yields a greater understanding of the self. However, learning to suppress the emotions may over time become a hindrance in this process. One way to let the emotions flow is through writing about your emotional experiences and feelings associated with them and your expressions of the same.

You can start by pondering over these questions-

1. What am I feeling now, on a scale of 1-10 how intense is this emotion?
2. For how long have I been feeling this way?
3. Why am I feeling this way? Did something happen that made me feel this way?
4. What is this emotion trying to tell me? When do I feel this the most?
5. Are there any physical manifestations of these feelings? How do I physically feel when I experience these emotions?
6. If not with words can I imagine these emotions in a certain way, in a certain color, or with a certain intensity? Do these emotions feel burdensome like lifting something heavy, or sudden like the intense waves of the ocean, apparent like the clear sky, or like that of a thunderstorm?
7. What are the images and experiences that I associate with each of the basic emotions?
8. What are the thoughts often accompanied by this? these emotions?
9. How do I express this emotion?
10. To whom do I share my feelings? what are the emotions and feelings I don't like to share with others?