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# CHART

The Reflector is designed to allow you to consider your emotions within the Ring of Preferences, outlined in *Knowing and Growing* (Mclean 2017). The ring formed by our ‘feel good preferences’ provides an objective and non-judgemental framework to consider your emotions and their impact on your wellbeing.

The ER provides the following measures

* Your overall *positivity,* that is the percentage of your selected 'feel good' ratings of your total ratings
* *Wellbeing* which is the % of the total ratings accounted for by the emotions in the top half of the ring
* Your percentage share of each of the quadrants
* Your average rating for the emotions in each quadrant
* Your emotions within each of the quadrants are listed in rank order.

These measures are provided to help your thinking. You are not comparing yourself to others or a norm or a standard. This is not a profile of you as a person, but rather a snapshot of the emotions passing through at one particular time/context.

The frequency and intensity ratings for each emotion are multiplied together to create a score on a twenty-five-point scale.

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| **0** | **1** | **2** | **3** | **4** | **5** | **6** | **8** | **9** | **10** | **12** | **15** | **16** | **20** | **25** |
| never, or no feeling | hardly ever and very mild | s/times and very mild, or mild and hardly ever | often and very mild, or strong but hardly ever | most of time but very mild, or very strong but hardly ever, or s/times mild | intense but hardly ever, or all the time but mild | s/times strong, or often but mild | mild most of time or s/times very strong | often strong | s/times intense, or mild all the time | strong most of the time, or often and very strong | strong all the time, or often intense | very strong most of the time | always very strong or intense most of time | intense all the time |