



Section 4 Handout & HW

Emotional Agility – Case Study 1 – Dana (based on “Emotional Agility”, Susan David and Christina Congleton, 2013).

Dana is an assistant professor with two young children. She used to feel guilty about missed opportunities – both at the office, where her peers worked 80 hours a week while she worked 50, and at home, where she was often too distracted or tired to fully engage with her husband and children. One nagging voice in her head told her she’d have to be a better employee or risk career failure; another told her to be a better mother or risk neglecting her family. Dana wished that at least one of these voices would shut up. But neither would, and in response she failed to put up her hand for new prospects in the office and compulsively checked messages on her phone during family dinners.

Dana was absorbed by guilt and tried telling the voices to go away. She was trying to avoid the discomfort she felt.

Use the four steps of Emotional Agility and ACT (Acceptance and Commitment Therapy): recognizing, labeling, accepting and acting on your values for this case.

Homework:

- Competitive advantage of your idea (questions 5, 6, 8, 11 of the 12q)
- Preparation for ACT exercise
- (Optional): “If You’re So Smart, Why Aren’t You Happy?” – your Happiness definition...
 - What is your definition of happiness?
 - Outline a list of things that make you happy