

EXERCISE 5.1.1B Inside – Out

Name: Alan S. Espino Section: A17

Instructions: After writing down your answers for Exercise 5.1.1A, answer the following questions:

1. Among the behaviors you listed, did you write down more productive behaviors or destructive behaviors?

Among the behaviors, I listed more productive behaviors than destructive behaviors but it is not overwhelmed by a big number. It is perhaps because I tried to always look for ways to still be productive even on situations where we are stressed. I also try to still look at the good side of things despite being disadvantaged.

2. Identify the emotion where you had more productive behaviors. Which emotion did you have more destructive behaviors?

I think the emotion where I had more productive behavior was when I am afraid.

This might be because when I am afraid I do not know what to do. And in this sense I try to look for ways to know what to do.

My emotion where I have more destructive behavior is when I am angry. This might be because it is the most uncomfortable behavior.

3. Are you more likely to have positive emotions or negative emotions? Explain your answer.

I am more likely to have negative emotions, but I always try to make the most out of it. This may be because of the world right now and all the things that are happening today. There is COVID, online classes, annoying government officials and many more causes of stress. This makes it so easy for us to get stressed and overwhelmed with negative emotions.

4. How do your emotions influence your sense of self?

My emotions influence me in a sense that without it, I wouldn't be able to become motivated to change. Without feeling pain, you wouldn't strive to become stronger to no longer feel the same pain. Without feeling anger, you wouldn't feel the need to extend your patience and tolerance. Without failing your grade on a subject, you wouldn't feel the need to study.

EXERCISE 5.1.1A Inside – OutName: Alanie S. Espina Section: A17

Instructions: This exercise is designed to help you become aware of how emotions are dealt with, on a personal level. For each emotion, write what you do when you experience the emotion listed. Include both productive and destructive behavior. Write as many as you can. You may use a separate sheet.

Emotion	Productive Behavior/s	Destructive Behavior/s
Happy	Do homework Go to church Talk to friends why I am happy Look for ways that I can share this happiness	Play games Sleep for hours Sometimes I become selfish and get happy by making others suffer
Sad	Look for something else to do Talk to someone else why I am sad Look for objects or actions or videos that could help me not to be sad	Stay silent about it Tunnel vision strikes Look for ways to make people feel the same way I do
Excited	If it is a project I go over the details again and again If it is for a presentation I would go over the slides again	Don't sleep I question myself if I truly am ready to do whatever was suppose to be done

Unfolding the Emotional Self

Emotion	Productive Behavior/s	Destructive Behavior/s
Afraid	<p>Face that fear head on</p> <p>I look for others that may also be on the same spot as me, afraid</p>	<p>Avoid everything else since I am preoccupied trying to conquer that fear</p>
Inspired	<p>Do other homeworks that may not have an urgent deadline</p>	<p>Get too distracted on the things that I work on that I forget to rest</p>
Angry	<p>I think in a very silent way and seldom do I let my anger control me</p>	<p>I sometimes wish that the person that angered me would suffer a horrible fate</p> <p>I sometimes also wish to just kill the person giving me discomfort, but this seldom comes to me</p>

EXERCISE 5.2.1A Situations, Reactions, Consequences, and PeersName: Alan S. Espino Section: A17

Instructions: In this activity, write your reactions on the second column. Leave the consequences blank and have your groupmates (GM) write on the consequences column. Pass this sheet around to them.

Situation	Your reaction	Consequences (GM1)	Consequences (GM2)
Someone criticized your Facebook status by placing a negative comment.	I would give that person a direct message or talk to him personally	That person might not even look at your message	That person would just continue to ignore you on dms
Someone played a prank on you in class and all your classmates were laughing.	Laugh as well and not take it too personally since pranks are just for fun.	People would think you are a good sport	People think that you might be a weirdo
One of your closest friends divulged your secret to another person.	I would no longer tell secrets to that friend which isn't close at all	Your friend would be mad at you a hell and not talk to you	The friend would keep on telling secrets until you notice them
You told your friend about an honest opinion about her that was hurtful and she cried.	Apologize that it hurt her and let her cry and hug you but try to make up	She would just ignore you	she would accept those comments but would treat you differently
You were the only student in class that got a perfect score in a very difficult exam and everyone was congratulating you.	Thank them but forget about the exam and focus on the next thing	People would ask for your help most of the time	People would think you are arrogant and only thanking for show