In this mini experiment, I recorded my feeling once every four hours in two days to determine if I use emotion-focused coping or not.

Emotion -Focused Coping means if we have active movement toward, rather than away from, a stressful encounter. It has two components, emotional processing and emotional expression.

According to my record, it is not hard for me to understand and process my emotion. In other words, I have no problem in the emotional processing part. However, it seems that I don’t usually express my emotion. Personally, I am not sure about what does it mean by emotional expression. We tell our emotions to others, or we show our emotions on our faces? It is impossible for us to always talk about how we feel to others. It is good for us to show happiness on our faces, but if we show negative emotions on our faces too often, it will make the people around us feel tired as well.

I have attached my record in the appendix.

Appendix

02/26/2019

08:00

Because I woke up earlier to get to the 8 am class, I feel kind of tired now. As a result, I drank some coffee for breakfast. Now I feel awake and I am ready for the class.

11:00

I am happy because I finished the lab questions before lab.

I am upset because even though I go to commons dining hall, I couldn’t find any food to eat. Therefore, I plan to take whatever food I find.

14:00

I am waiting for a class to start. After the class, I am going to do some exercise and have an ice cream. I am looking forward to it.

18:00

I am relieved that I finally finish the class and go back to dorm. I still get some homework to do. Afterwards, I can get some rest.

22:00

I am relieved because I finally finish all of my work and take a shower. Now I can have some time to relax.

02/27/2019

09:00

I am relieved because I only have one class today. But I still have a bunch of work to do.

13:00

I go to the dinning hall to have lunch. They have chicken nugget. I like chicken nugget. It just makes my day.

17:00

I am so tired. I plan to have McDonald for dinner today, and even though it is snowing outside, I still walk a long way to go there. It is fine to walk a long way for me, but my backpack is just too heavy. But thankfully I still have my food to enjoy.

20:30

I am kind of sad because my roommate didn’t trust what I was saying. I am also kind of annoyed because she keeps calling and making noises.