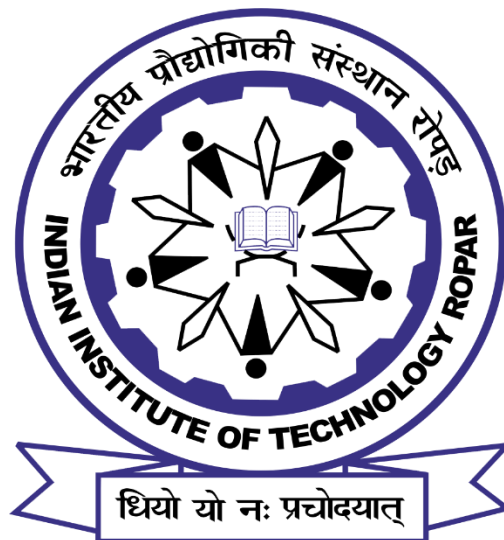


EE495: 2023-2024

EMOTION REGULATION



**Topic: APA-I: "BEHAVIOUR
REFLECTION"**

Course Instructor: -

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Submitted By:-

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1. ANGER INCIDENT (RELATED TO COLLAGE MESS MANAGEMENT SYSTEM)

COMPONENT 1:

Incident: The change in the mess system at college, particularly the shift from a pay-and-eat system to a traditional system with advance fee payment requirements will triggers my feelings of anger and frustration due to the perceived lack of consideration for students' financial burdens. The sudden imposition of financial obligations without adequate prior notice or consultation may have felt unjust and unfair, leading to a sense of indignation and anger towards the college administration. This incident underscores the impact of institutional decisions on students' lives and the emotional reactions elicited by changes that directly affect their welfare.

What was the trigger: The recent change in the mess system at college, shifting from a pay-and-eat system to a traditional system where fees need to be paid in advance within a short timeframe.

What was the feeling after that trigger, be as much specific as you can: Frustration, anger, and a sense of injustice, heart racing, face feeling hot with frustration.

What was the thought process during that situation: Feeling blindsided and unfairly burdened by the sudden change in the mess system, thoughts of resentment towards the college administration for not considering the impact on students.

What was going on in the body at that time, changes perceived if any: At that time my heart beat increase, and I am feeling physically tense.

What were your goals, what you wanted to achieve during that experience: To express dissatisfaction with the new system and seek clarification on the rationale behind the changes.

What did you do: Voiced concerns to the college administration through appropriate channels (student representatives or feedback mechanisms), expressing dissatisfaction with the sudden financial burden and the lack of prior consultation.

Were your goals achieved: Partially achieved. Managed to convey frustrations and seek clarification on the reasoning behind the change, but immediate resolution or reversal of the new system was not achieved. They only increase the deadline of fee payment.

After-effects on your feelings, thought processes, bodily processes: Lingering frustration and resentment toward the college administration, feelings of helplessness in the face of institutional decisions that directly impact student welfare.

For how long its impact lasted (impact on your daily activities): Moderate impact on daily activities for the rest of the day, with ongoing concerns about managing the financial burden imposed by the new mess system.

Was the Intensity and Duration proportional to the threat/ECS: Proportional to the perceived threat to financial stability and the sense of unfair treatment by the college administration.

COMPONENT 2:

Pre-conditions: Before the mess system change, everything was relatively smooth with the pay-and-eat system. Students paid for their meals when they ate, and it was a straightforward process. Financial concerns were manageable within this system.

Perception Database: The sudden change in the mess system, shifting to a traditional system with advance payments and early fee requirements, created a sense of stress and frustration. This change felt unfair and burdensome, particularly for students facing financial challenges. The perception of the college administration's decision as insensitive to students' difficulties added to feelings of powerlessness and anger.

2. SADNESS INCIDENT

COMPONENT 1:

Incident: This incident is the series of events during my planned trip to Delhi to meet my girlfriend. I am excited about this trip, as I want spending quality time with my Girlfriend, especially on the eve of Valentine's Day. However, when I arrived Delhi a day before Valentine's Day, my excitement quickly turned to disappointment when my girlfriend informed me that she could not meet because to her parents unexpectedly visiting her PG. The sudden change in plans left me feeling sad, disappointed, and lonely, particularly on the eve of a day dedicated to honoring love.

As if that was not disheartening enough, my return journey was fraught with more setbacks. Missing my bus added another layer of frustration to an already disappointing day. Stranded for hours at the bus stand in the dead of night, I could not shake off the feeling of desolation. Seeking some reprieve, I decided to grab dinner at a nearby restaurant, only to find the food subpar and unappetizing. Each disappointment piled on top of the other, amplifying my sense of sadness and disillusionment.

What was the trigger: Disappointing events during a planned trip to Delhi, including canceled plans to meet my girlfriend and experiencing discomfort and dissatisfaction during the return journey.

What was the feeling after that trigger, Be as much specific as you can: Overwhelming sadness, disappointment, and loneliness, with a heaviness in my chest and a sense of disillusionment.

What was the thought process during that situation: Feeling let down and abandoned by circumstances outside of my control, questioning the fairness of the situation and lamenting the missed opportunity for connection and companionship.

What was going on in the body at that time, changes perceived if any: Heaviness in my chest, a sinking feeling in my stomach, and a sense of emotional exhaustion.

What were your goals, what you wanted to achieve during that experience: To enjoy quality time with my girlfriend and create memorable experiences during the trip, to return to college feeling rejuvenated and fulfilled.

What did you do: Coping with the disappointment by trying to make the best of the situation, seeking solace in other activities or distractions, and reflecting on the unpredictability of life.

Were your goals achieved: Not achieved. Despite efforts to cope with the disappointments, the intended goals of the trip were not fulfilled due to unforeseen circumstances.

After-effects on your feelings, thought processes, bodily processes: the after effects of this incident is intense sadness, a sense of disillusionment, and a feeling of emptiness or longing for connection and companionship.

For how long its impact lasted (impact on your daily activities): Significant impact on mood and emotional well-being during and after the trip, with lingering feelings of sadness and disappointment for several days or weeks afterward.

Was the Intensity and Duration proportional to the threat/ECS: YES, It is Proportional to the significance of the missed opportunity for connection and the cumulative effect of multiple disappointing events during the trip.

COMPONENT 2:

Pre-conditions: Before the trip to Delhi, I was excited to see my girlfriend. I had planned the trip for Valentine's Day, hoping to spend special time together. I had been looking forward to it for a long time.

Perception Database: When my girlfriend told me she could not meet because her parents unexpectedly visited her, I felt sad and disappointed. It was Valentine's Day, so I was already feeling extra excited to see her. Missing the bus on the way back home and having a bad dinner at the restaurant made me feel even worse. All these things together made me feel down and unhappy.

COMPONENT 3:

Situations:

S1: Choosing to plan a trip to Delhi to spend time with my girlfriend on Valentine's Day.

S2: Choosing to spend Valentine's Day differently or not planning the trip at all.

Situation Selection:

S1: Choosing to plan a trip to Delhi to spend time with my girlfriend on Valentine's Day.

S2: Choosing to spend Valentine's Day differently or not planning the trip at all.

Situation Modification:

S1-x: There were not many options for modifying the situation as my girlfriend's parents visit was out of my control.

S1-y: Exploring alternative ways to spend Valentine's Day or rescheduling the trip for another time.

Aspects:

S1-x-A1: Anticipation and excitement turning into disappointment and loneliness when plans fall through.

S1-x-A2: Frustration and stress due to missing the bus, feeling helpless and stranded.

S1-x-A3: Dissatisfaction with the quality of the dinner, adding to the overall disappointment of the day.

Meanings:

S1-x-A1-M1: Focusing on finding enjoyment in other aspects of the trip despite the disappointment.

S1-x-A1-M2: Reminding myself that these were unforeseen circumstances and trying to make the best of the situation.

S1-x-A1-M3: Accepting the situation and focusing on self-care and coping strategies to manage the disappointment.

Responses:

S1-x-A1-M1-r+: Trying to engage myself in activities or explore places in Delhi, such as visiting India Gate, Red Fort, or new parliament.

S1-x-A1-M1-r: Trying to shift focus to positive aspects of the trip, such as enjoying the sights and sounds of the city, despite feeling disappointed about not being able to meet your girlfriend.

S1-x-A1-M1-r-: Allowing myself to dwell on the disappointment and missing out on potential opportunities to create new positive experiences during the trip.

S1-x-A1-M2-r+: Expressing hurt feelings to my girlfriend about the change in plans and the disappointment that I felt.

S1-x-A1-M2-r: Taking deep breaths to center myself and manage emotions, trying to remain composed.

S1-x-A1-M2-r-: Reacting with frustration or anger, expressing discontent about the situation, and block emotion regulation efforts.