

INTRODUCING MAPPING EMOTIONS EXERCISES

★ We're here to help you feel inspired and ready! ★

The following exercises are designed to spark your creativity and get you prepared for the "Day Reconstruction Diary."

Be **BOLD**,

be **EXPRESSIVE**.

...and don't hold back -- this is your space to explore your thoughts and feelings freely. Remember, there are no "right" answers here, just opportunities to dive into your unique perspective.

Again, this is your private diary that you do not need to share with us.

Today's Mapping Emotions Exercises should take about **20** minutes to complete.

OKAY, LET'S GET STARTED!

HOW WAS
YOUR DAY?

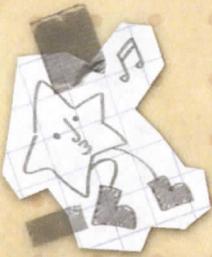


Can you recall any good moments that happened recently, or even today? What happened? How did it unfold? What kinds of **EMOTIONS** did you feel? How did you react?

★ **EMOTION** is a subjective, involuntary response to an event, expressed through physical and mental reactions (like behaviors or reflections). It aids communication and is partly within our control.

Reflect upon a particular moment involving technologies that had a noticeable, positive effect for you. Feel free to jot down some simple drawings or descriptions of the moment.

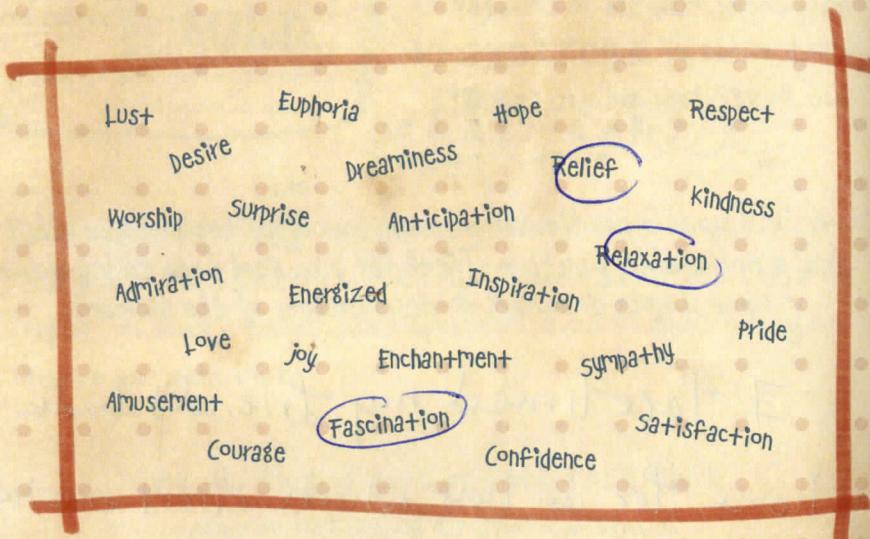
I facetime my friend's back home for an hour which elicit emotions of joy. Was a break from my busy day. Felt like a moment of escape from campus.



CAPTURING THE MOMENT

Please reflect on your experience from the previous exercise in step-by-step detail, using several positive emotions from the word bank below.

If none of the provided words feel right, feel free to use your own to best capture your experience.



First... Reflecting on the moments where I used technology was relaxing while also fascinating. I never knew how connected I was to technology, and

Then... was fascinated by the emotions that the interaction elicit. I was relieved that the interaction led to a positive reaction as I am aware of the double-edged sword technology has on mental health's. Finally... happiness

Oh wow! More doodle space!

Positive Moments of Life

INSPIRED

Can you think of a situation that made you feel '**INSPIRED**'?
What happened? What did you do?
How did you respond? What was in your mind? How did you express your feelings?



INSPIRED

To experience a sudden feeling of creative impulse.

I felt inspired when... I went to a company networking event and met successful people coming from a similar background. I believed there was hope for me and a proven pathway for me to get to where I want to be.

Positive Moments of Life

CONFIDENT

Can you think of a situation that made you feel '**CONFIDENT**'?
What happened? What did you do?
How did you respond? What was in your mind? How did you express your feelings?



CONFIDENT

To experience faith in yourself or your abilities to accomplish something.

I felt confident when... I studied for many hours for my wine exam. After being able to decode French and Spanish wine labels, I was confident in my ability to do well on the interview.

Positive Moments of Life

SYMPATHETIC

Can you think of a situation that made you feel 'SYMPATHETIC'?
What happened? What did you do?
How did you respond? What was in your mind? How did you express your feelings?



SYMPATHETIC

To experience an urge to connect with someone's misfortune or distress.

I felt sympathetic when... my friend didn't get into her top law school she applied this year. I sympathized with her rejection as I didn't get my return offer from the past summer's internship.

SAY IT WITH
STICKERS!



MAPPING OUR FEELINGS

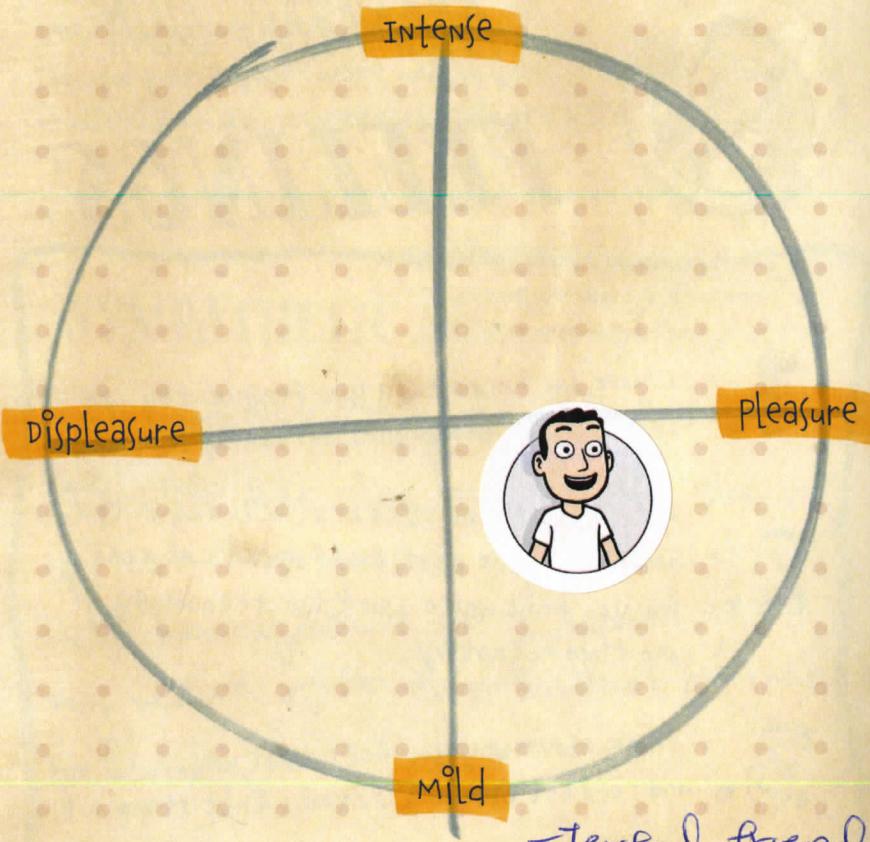
1. Choose one technology you frequently use (e.g., laptop, headphones, streaming service).
2. Use the provided stickers (included in the packet) on the next few pages to express how you felt while using the technology one time recently.
3. Think about why you felt that way, and reflect upon any details that stand out.

Frequently used technology

Phone

What did it feel like to use it?

(Place a couple of stickers on the circle below)



- Texted friends
- Scratched on Tiktok
- Instagram

DAY 2

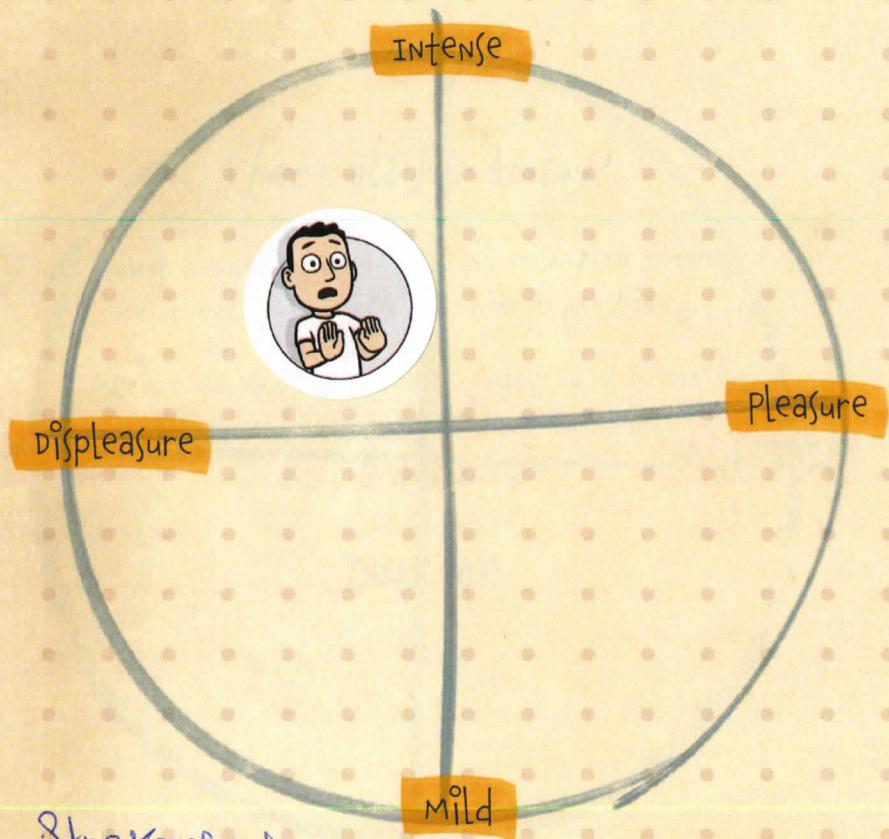
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Frequently used technology

Computer

What did it feel like to use it?

(Place a couple of stickers on the circle below)



Stressing to
complete a case study
by the deadline

DAY 2

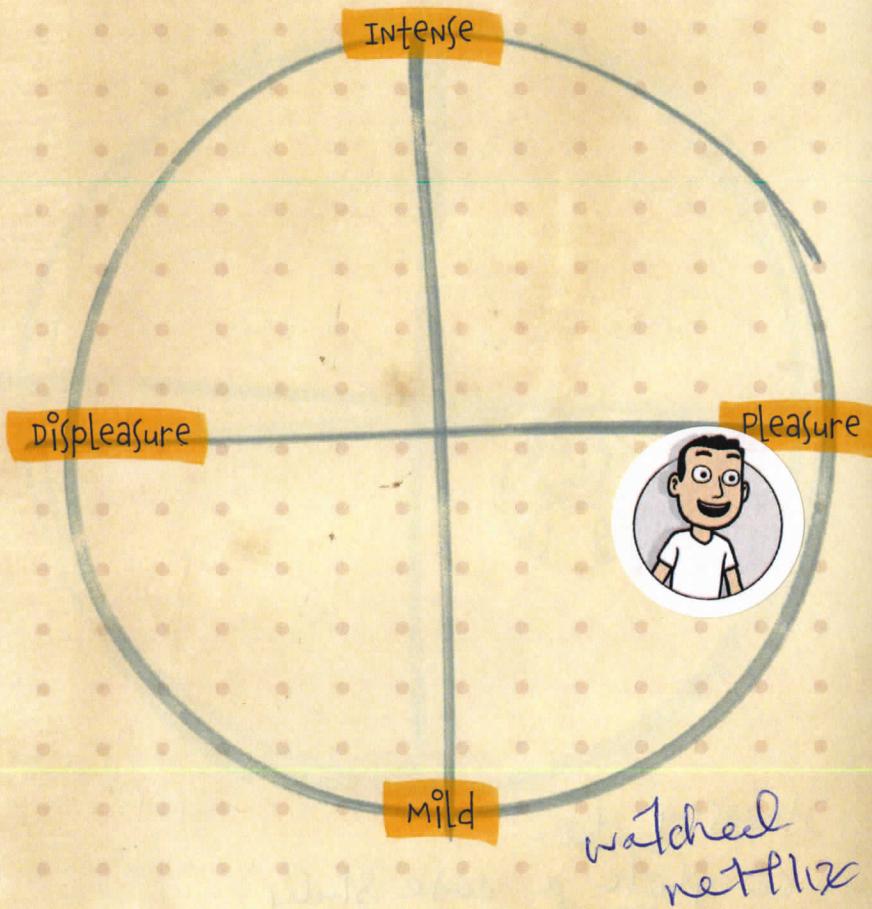
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Frequently used technology

Ipad

What did it feel like to use it?

(Place a couple of stickers on the circle below)



DAY 2

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DAY 2

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That's all for today!

Going forward, there will be an online SURVEY for each day, but there isn't one today.

Please go about the rest of your day normally and tomorrow set aside 1 hour to complete **Day 3's SURVEY**.

THANK YOU!

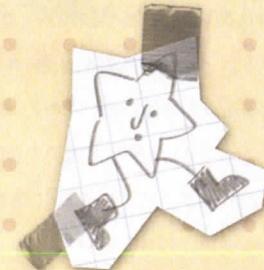
Because many people find it difficult to remember what exactly they did and experienced, we will do this in 3 steps:

1. First, we will ask you what day of the week yesterday was, as well as when you woke up and when you went to sleep yesterday.
2. We'd like you to reconstruct what your day was like, as if you were writing in your diary. **Where were you? What did you do and experience? How did you feel?** Answering the questions on the next page will help you to reconstruct your day.
3. After you have finished reconstructing your day in your diary, we will ask you specific questions about this time (these questions are in today's online survey which you can access by QR code or URL a few pages down). In answering these questions, we'd like you to consult ~~your~~ your diary page and the notes you made to remind you of what you did and how you felt.

Please do not start the online survey until you complete today's diary pages.

To begin, please circle the day of the week that **YESTERDAY** was:

Monday Tuesday Wednesday Thursday Friday Saturday Sunday



Diary Pages

About what time did you wake up yesterday? 10:30 Am

And when did you go to sleep? 1 Am

On page 40, please describe moments of your day when you used technologies to boost your mood.

Think of your day as ~~a~~ ^a continuous series of scenes or episodes in a film. Give each episode a brief name that will help you remember it (for example, "commuting to work", or "at lunch with B", where B is a person or a group of people).

Write down the approximate times at which each episode began and ended. The episodes people identify usually last between 15 minutes and 2 hours.

Indications of the end of an episode might be going to a different location, ending one activity and starting another, or a change in the ~~people~~ people you are interacting with.

There is **1 page** for the following parts of the day:

MORNING (from waking up until noon)

AFTERNOON (from noon to 6:00 pm)

EVENING (from 6:00 pm until you went to bed)

There is room to list **3** episodes for each part of the day -- use the breakdown of your day that makes the most sense to you and best captures what you did and how you felt when interacting with TECHNOLOGIES THAT BOOSTED YOUR POSITIVE EMOTIONS.

Try to recall each episode in detail and write a few words that will remind you of exactly what was going on. Also, try to remember how you felt, and what your mood was like during each episode. What you write only needs to make sense to you to help you remember what happened when you are answering the ~~the~~ questions in today's online survey.

proceed to next page >>>

NOTES TO YOURSELF

(WHAT HAPPENED? WHAT DID YOU FEEL?)

EPISODE	NAME	TIME IT BEGAN	TIME IT ENDED	TECHNOLOGY USED (HARDWARE/ SOFTWARE)	NOTES
EX	Looking at Photos	11:30 AM	11:50 AM	Phone, photos app	Study break. Watched video of me playing drums in a band. Felt proud / nostalgic.
N 1M	Cheeky Social media Elements	10:30 AM	11 AM	Phone, tick-tak (gmail)	Caught up on news, things I need to do, enjoyed computer excel needed to wrap up google docs, can't case study before class
N 2M	Finish Business Case Study	11 AM	12:30pm	Computer, excel, google docs, canva	

- A 1A Listening to music 12:45pm 1:40pm Spotify phone
2A Taking notes 1:40pm 4:10pm computer google docs/onedrive my 2 classes

- E 1E Took photos 4:30pm 5:10pm Camera & roll phone
2E Watched a movie show 8:30 pm 10pm netflix iPad
3E

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DAY 3

★ Please look over your diary once more. ★

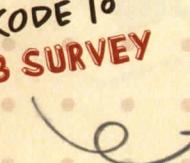
Are there any other episodes that you'd like to revise or add more notes to?

Is there an episode that you would want to break up into two parts?

If so, please go back and make the necessary adjustments on your diary pages.

If not, you may go on to today's online survey.

QR CODE To
DAY 3 SURVEY



45
minutes

[HTTPS://TINYURL.COM/DRM-PACKET-C1](https://tinyurl.com/DRM-PACKET-C1)

DAY 3

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Up Next >>>

DIARY PAGES

DAY 5

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Please do not start the online survey
until you complete today's diary pages.



To begin, please circle the day of
the week that YESTERDAY was:

Monday Tuesday Wednesday Thursday Friday Saturday Sunday



DAY 5

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Diary Pages

About what time did you wake up yesterday? 10 Am

And when did you go to sleep? 12:30 Am

There is 1 page for the following parts of the day:

MORNING (from waking up until noon)

AFTERNOON (from noon to 6:00 pm)

EVENING (from 6:00 pm until you went to bed)

There is room to list 3 episodes for each part of the day -- use the breakdown of your day that makes the most sense to you and best captures what you did and how you felt when interacting with TECHNOLOGIES THAT BOOSTED YOUR POSITIVE EMOTIONS.

Try to remember each episode in detail and write a few words that will remind you of exactly what was going on. Also, try to remember how you felt, and what your mood was like during each episode. What you write only needs to make sense to you, and to help you remember what happened when you are answering the ~~the~~ questions in today's online survey.

proceed to next page >>>

NOTES TO YOURSELF (WHAT HAPPENED? WHAT DID YOU FEEL?)			
EPISODE NAME	TIME IT BEGAN	TIME IT ENDED	TECHNOLOGY USED (HARDWARE/SOFTWARE)
1M Walking up	10 Am	11 Am	Instagram, TikTok iPhone
2M			
3M			
1A Lunch	12 pm	1 pm	Spotify, iMessage iPhone
2A			
3A			
1E Dinner	6:30pm	7:30pm	Netflix Ipad
2E			
3E			

Up Next >>>

DIARY PAGES

DAY 7

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DAY 7

★ Please do not start the online survey
until you complete today's diary pages. ★

To begin, please circle the day of
the week that **YESTERDAY** was:

Monday Tuesday Wednesday Thursday Friday Saturday Sunday



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Diary Pages

About what time did you wake up yesterday? 10:30AM

And when did you go to sleep? 1AM

There is **1** page for the following parts of the day:

MORNING (from waking up until noon)

AFTERNOON (from noon to 6:00 pm)

EVENING (from 6:00 pm until you went to bed)

There is room to list **3** episodes for each part of the day -- use the breakdown of your day that makes the most sense to you and best captures what you did and how you felt when interacting with TECHNOLOGIES THAT BOOSTED YOUR POSITIVE EMOTIONS.

Try to remember each episode in detail and write a few words that will remind you of exactly what was going on. Also, try to remember how you felt, and what your mood was like during each episode. What you write only needs to make sense to you, and to help you remember what happened when you are answering the ~~surve~~ questions in today's online survey.

proceed to next page >>>

DAY 7

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NOTES TO YOURSELF (WHAT HAPPENED? WHAT DID YOU FEEL?)			
EPISODE NAME	TIME IT BEGAN	TIME IT ENDED	TECHNOLOGY USED (HARDWARE/SOFTWARE)
1M walking up!	10:30AM	11:20am	Message, Iphone
1M morning internet scroll			Iphone
2M			
3M			
1A Phone call w/ friend	2:30pm	2:45pm	Iphone
2A			
3A			
1E Watched sunset 6:30pm	7pm		Spotify, camera
2E			Iphone
3E			

Best friend got info about her program - congratulated her!

listened to music, took photos of the sunset on the slope of my friends

DAY 7

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