

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.

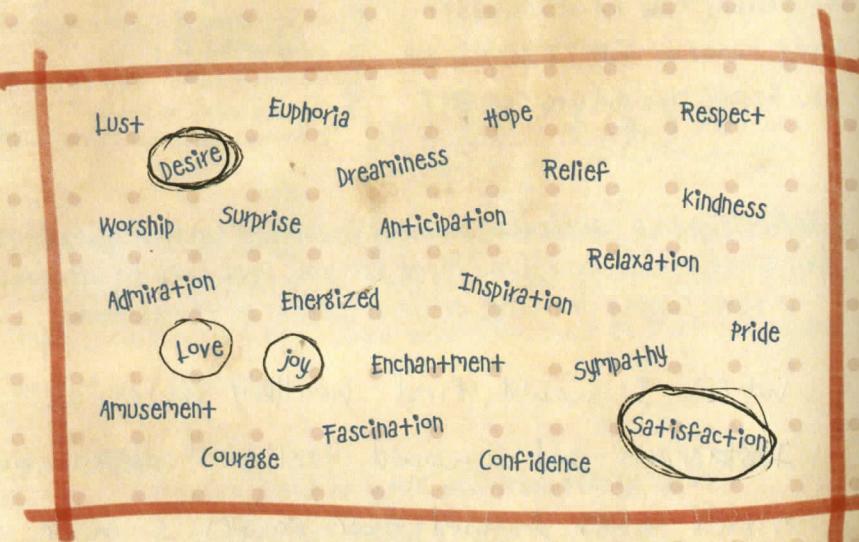
when I would find healthy recipes on Instagram and I would feel good ~~about~~ about myself after I tried those recipes. I made chia seed pudding from it for the first time, the viral salmon bowl with rice, and these chicken cucumber boats.



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...

I had trouble putting words down on the paper because I would always associate technology to social media and social media to negative emotions.

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Then... I thought about the social media I used the most which was Instagram and thought about what I got from it.

Finally... That's when I remembered about all the reels of recipes I saved and how I made some of those during winter break and really enjoyed them

Oh wow! More doodle space!

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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

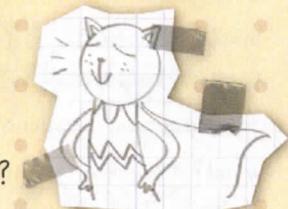
To experience a sudden feeling of creative impulse.

I felt inspired when... the deaf lady comes up to the cafe I work at on campus and my coworkers would be able to sign with her but I knew nothing so I told myself I would learn some ASL to be able to "talk" with her. Since then, I have been trying to learn the alphabet.

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... my hair looks good after wash day. When this happens, I tend to not be as self conscious of myself which I often am. I think I tend to be more talkative or expressive when this happens.

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... the day I shadqued at a vet clinic and watched an euthanasia and the owner was crying a lot. I felt so bad ~~bad~~ and understood her pain of losing a pet or what it would feel like to lose one as my dog is still alive. But I acted professional and only kept my sympathetic thoughts to myself.

SAY IT WITH
STICKERS!



MAPPING OUR **FEELINGS**

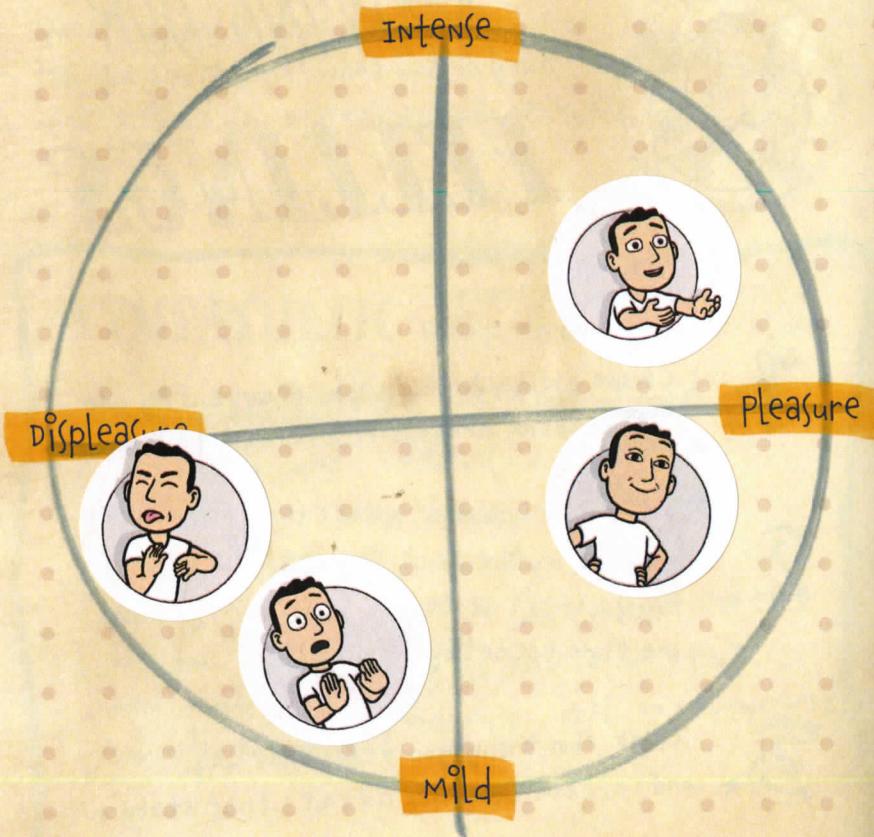
1. Choose **one technology** you frequently use (e.g., laptop, headphones, streaming service).
2. Use the **provided stickers** (included in the packet) on the next few pages to express how you felt while using the technology one time recently.
3. Think about why you felt that way, and reflect upon any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



DAY 2

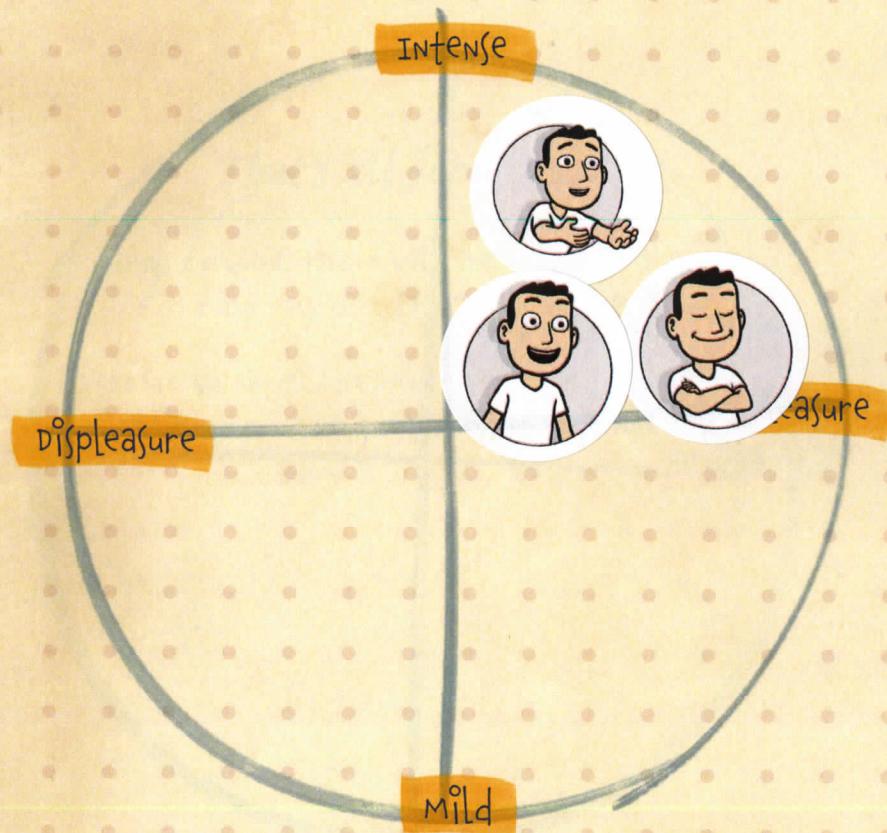
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Frequently used technology

headphones

What did it feel like to use it?

(Place a couple of stickers on the circle below)



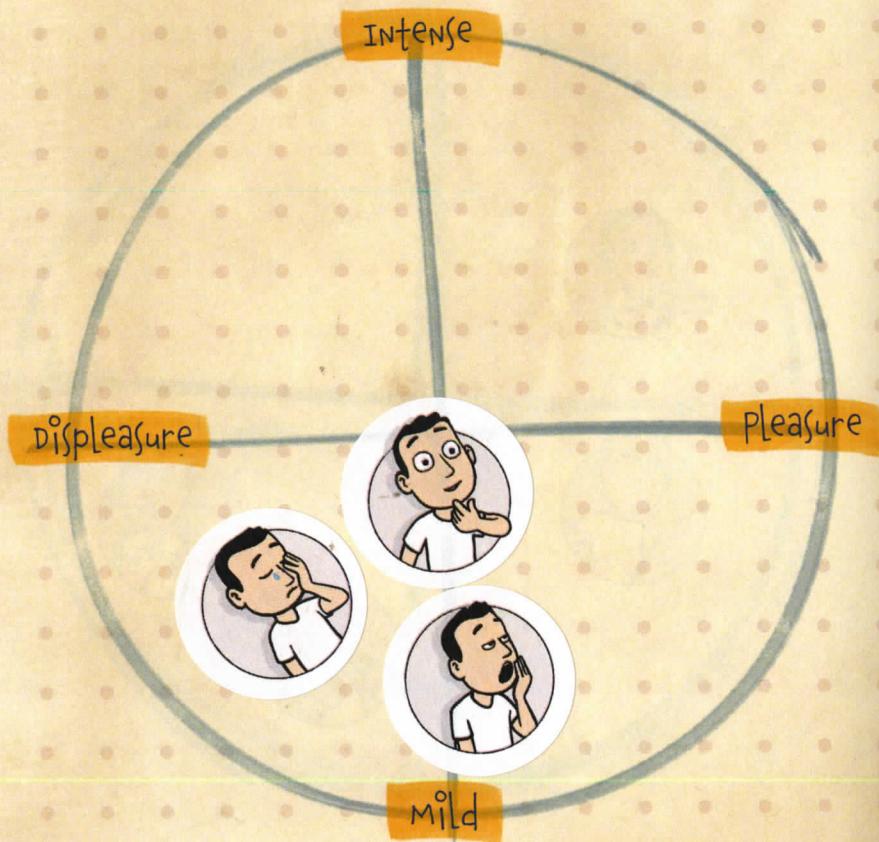
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Frequently used technology

laptop

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 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? 7:30 am

And when did you go to sleep? 2:00 AM

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

Think of your day as ~~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 ~~questions~~ 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)
EX Looking at Photos	11:30 AM	11:50 AM	Phone, Photos app
N 1M Interview	10:30AM	10:45AM	Laptop
R 2M deonscrolling	11:00AM	11:30AM	Phone
N 3M			
A 1A lunch w friend	12:00PM	12:30PM	Phone (sometimes)
R 2A class	1:25PM	2:40PM	Laptop
O 3A work	3:00PM	4:20PM	Bluetooth speaker
E 1E volunteer	6:00PM	8:00PM	Name?
E 2E dinner w friends	9:00PM	10:00PM	Phone (rarely)
N 3E			

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Study break. Watched video of me playing drums in a band. Felt proud / nostalgic.

Nervous - I get tense during interviews and can't control it if needed to get my mind off probably not doing good in the interview

★ 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



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

DAY 3

DAY 3

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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? 10:30 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 >>>

DAY 5

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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 ate breakfast	11:00AM	12:00PM	phone
2M			
3M			
1A study	1:00PM	6:00PM	laptop, ipad
2A			
3A			
1E training on zoom	6:30PM	7:00PM	laptop
2E hangout with friends	8:00PM	11:30PM	phone
3E			

DAY 5

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Up Next >>>

DIARY PAGES

DAY 7

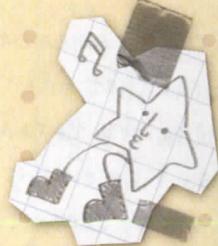
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DAY 7

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? 8:30 AM

And when did you go to sleep? 2:00 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)
N 1M exam	10:10AM	11:00AM	none
R 2M			
C 3M			
A 1A run	1:00PM	1:30PM	phone
E 2A called a friend	2:00PM	3:00PM	phone
N 3A			
A 1E ate dinner with friends	5:00PM	6:00PM	phone
E 2E sat on slope	6:00PM	8:00PM	phone
C 3E			