



DAY 2

DODDLE
4
LIFE

Pg. 10

DAY 2



New day, new packet!

Let's start this day
with a riddle!

Riddle:

What has two hands but can't clap?

a clock!

Pg. 11

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!

DAY 2

Pg. 14

DAY 2

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?

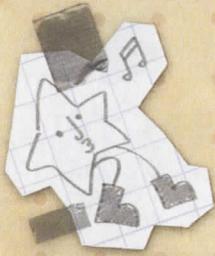


EMOTION is a subjective, involuntary response to an event, expressed through physical and mental reactions (like behaviors or reflections). It aids communication and is partly within our control.

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 called my mom today to talk about course selection and also just life generally. It was really nice to hear her voice and get her opinion in real time - the experience was reassuring and made me feel comforted.

Pg. 15



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.

Lust	Euphoria	Hope	Respect
Desire	Dreaminess	Relief	
Worship	Surprise	Anticipation	Kindness
Admiration	Energized	Inspiration	Relaxation
Love	Enchantment	Sympathy	Pride
Amusement	Fascination		
Courage	Confidence	Satisfaction	

First... I picked up my phone to call my mom - I was a little anxious listening to the phone ring - I felt a bit overwhelmed

Then... I heard my mom pick up & I felt relieved. Calling isn't a substitute for in-person interaction, but it's closer. I feel love & joy when calling family.

Finally... we wrapped up our convo after 30 minutes & I felt a little more confident about my course of action.

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.

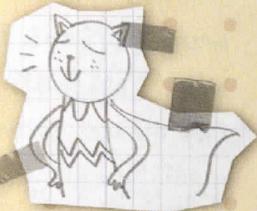
I felt inspired when...

I watched a video of Shalane Flanagan finishing the New York City marathon - I'm not a pro runner but I want to be able to push myself like that!

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 got a positive prelim grade back in a class people told me was going to be too difficult for me

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 got broken up with by her boyfriend of a year. I felt really bad about it but didn't know exactly how to help other than just being there for her which made me feel guilty

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

head phones

What did it feel like to use it?

(Place a couple of stickers on the circle below)

Intense



Displeasure

Pleasure

Mild

Frequently used technology

phone (cell)

What did it feel like to use it?

(Place a couple of stickers on the circle below)

Intense



Displeasure

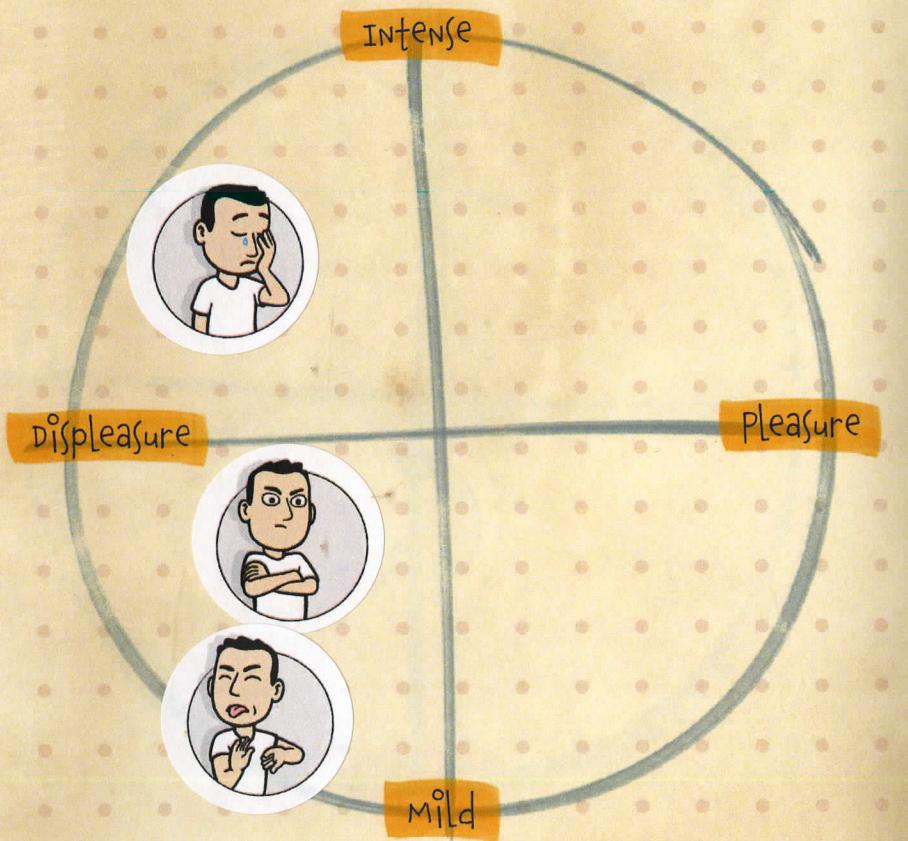
Pleasure

Mild



Frequently used technology running watch

What did it feel like to use it?
(Place a couple of stickers on the circle below)



DAY 2

Pg. 26

DAY 2

Pg. 27

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.

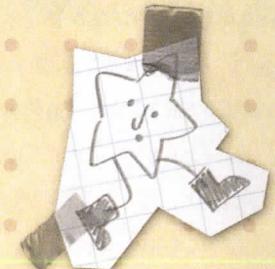
2. We'd like you to reconstruct what your day was like, as if you were writing in your diary. **Where were you? What did you do and experience? How did you feel?** Answering the questions on the next page will help you to reconstruct your day.

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? 6:30

And when did you go to sleep? 1:30

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 ~~surve~~ questions in today's online survey.

proceed to next page >>>

NOTES TO YOURSELF
(WHAT HAPPENED? WHAT DID YOU FEEL?)

TECHNOLOGY USED
(HARDWARE/SOFTWARE)

**EPISODE
NAME**

TIME IT BEGAN	TIME IT ENDED	(WHAT HAPPENED? WHAT DID YOU FEEL?)
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.
TM listening to music	6:30 - 7:00 AM	Phone, Spotify
RM reading	11:00 - 12:00	Phone, library
SM called Mom	10:00 - 10:30	Phone
TA used stata	1:00 - 2:30	Laptop, Stata
RA called brother	4:00 - 5:00	Phone
SA listened to music	5:15 - 6:15	Phone, Spotify while running!
TE spaced out	6:30 - 7:00	Electric fan
WE worked on HW	8:00 - 10:30	Laptop, Google Docs, felt productive!
NE called boyfriend	10:30 - 12:00	Phone

Pg. 40

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 ~~to~~ 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

Pg. 41

Up Next >>>

DIARY PAGES

DAY 5

Pg. 56

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

Pg. 57

Diary Pages

About what time did you wake up yesterday? 8:00 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 >>>

		NOTE TO YOURSELF (WHAT HAPPENED? WHAT DID YOU FEEL?)	
EPISODE NAME	TIME IT BEGAN	TIME IT ENDED	TECHNOLOGY USED (HARDWARE/SOFTWARE)
1M made coffee	8:15 am	8:30 am	Kettle
2M read	8:30 am	9:30 am	iPad, libby
3M walked to study	10:00 am	10:30 am	phone, earbuds, Spotify
1A studied	10:30 am	11:45 am	iPad, computer, canvas
2A called parents	11:45 am	12:30 pm	phone, earbuds
3A crossword!	1:00 pm	1:30 pm	computer
1E dance performance	8:00 pm	10:00 pm	sound & lighting
2E called boyfriend	11:00 pm	12:00 am	phone
3E made tea	11:15 pm	11:30 pm	kettle

Up Next >>>

DIARY PAGES

DAY 7

Pg. 76

★ 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 7

Pg. 77

Diary Pages

About what time did you wake up yesterday? 6:40

And when did you go to sleep? 12:00

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 7

Pg. 78

		NOTES TO YOURSELF (WHAT HAPPENED? HOW DID YOU FEEL?)	
EPISODE NAME	TIME IT BEGAN	TIME IT ENDED	TECHNOLOGY USED (HARDWARE/ SOFTWARE)
1M morning workout	7:00	8:00	treadmill, fan, phone, earbuds
2M coffee ☕	8:15	8:30	electric kettle
3M studied	9:00	10:10	computer, ipad, earbuds
1A PSYCH 2800	1:25	2:40	ipad
2A daily crossword	3:00	3:30	computer
3A checked menus	5:45	6:00	phone, Eatery
1E called boyfriend	7:00	8:00	phone, earbuds
2E course planning	9:00	10:00	computer
3E talked w/ friends	10:00	12:00	bluetooth speaker
		background music makes conversations less awkward but also more imperial	
		Pg. 79	

DAY 7