

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.

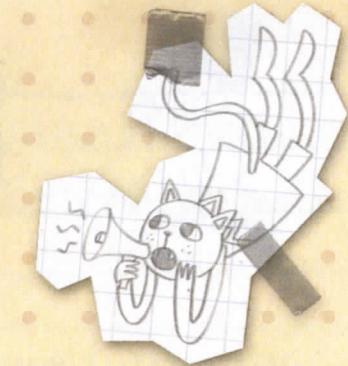
...and don't hold back -- this is your space to explore your thoughts and feelings freely. Remember, there are no "right" answers here, just opportunities to dive into your unique perspective.

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?



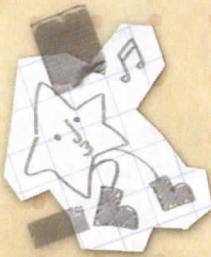
Can you recall any good moments that happened recently, or even today? What happened? How did it unfold? What kinds of **EMOTIONS** did you feel? How did you react?



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 ate lunch and watched Grey's Anatomy, it made me happy. Also, walking to class with my music blasting through my airpods in the sun also made me really happy.



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 | joy | Enchantment | Sympathy |
| Amusement | Fascination | Confidence | Pride |
| Courage | | | Satisfaction |

First...

I felt euphoria while walking to class and listening to my music in my airpods.

DAY 2

Pg. 16

Then...

I felt joy+satisfaction while eating my bagel and watching Grey's.

Finally...

I felt confident and energized in my zoom interview this morning. It left me feeling inspired.

Oh wow! More doodle space!

DAY 2

Pg. 17

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 had my interview today since it went well. It made me excited for and hopeful for future jobs.

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 feel confident when...

I was walking down the slope while listening to "Sugar Daddy" since the lyrics are all about being independent and finding comfort in oneself.

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...

listening to this girl speak about her ED in class today. I felt terrible for her and my heart yearned for her to be okay.

SAY IT WITH
~~STICKERS!~~



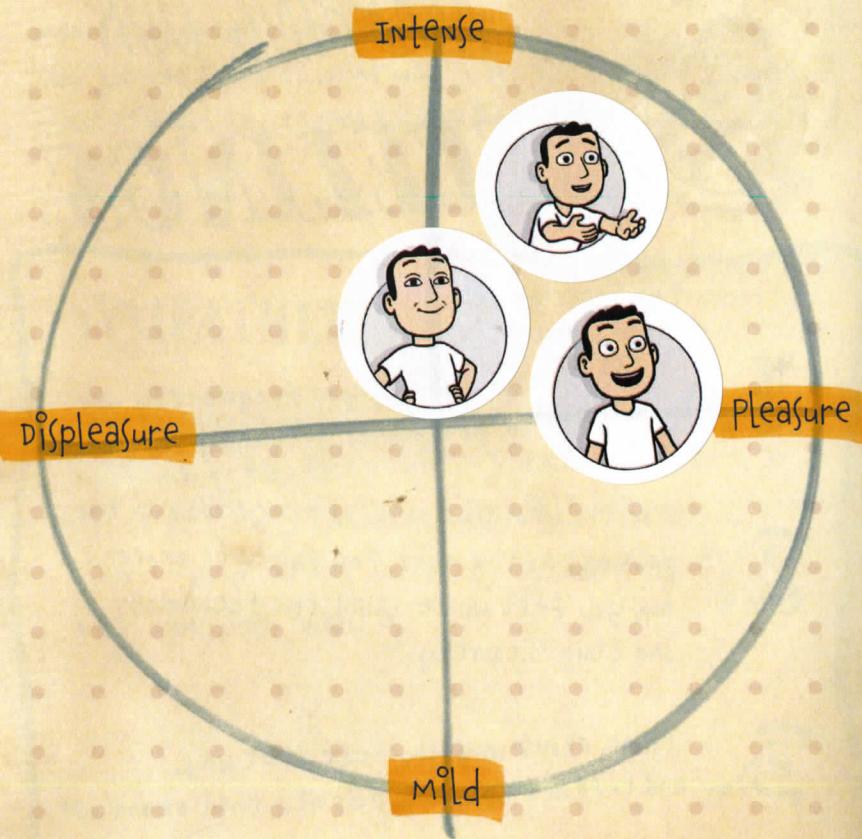
MAPPING OUR **FEELINGS**

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)



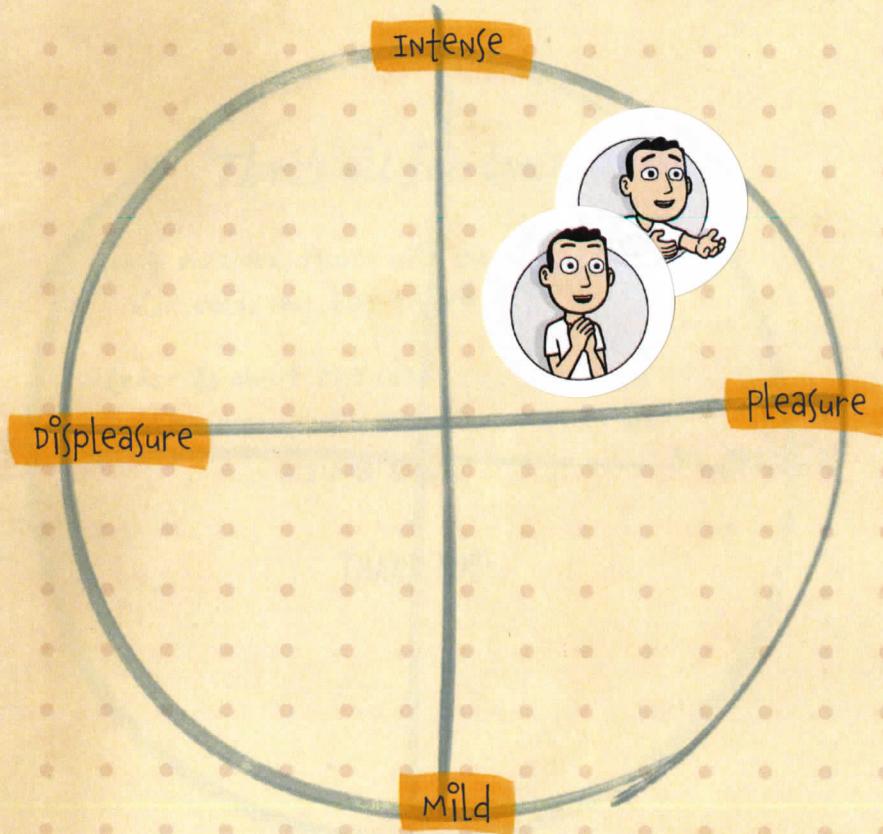
DAY 2

Pg. 24

Frequently used technology

airpods

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



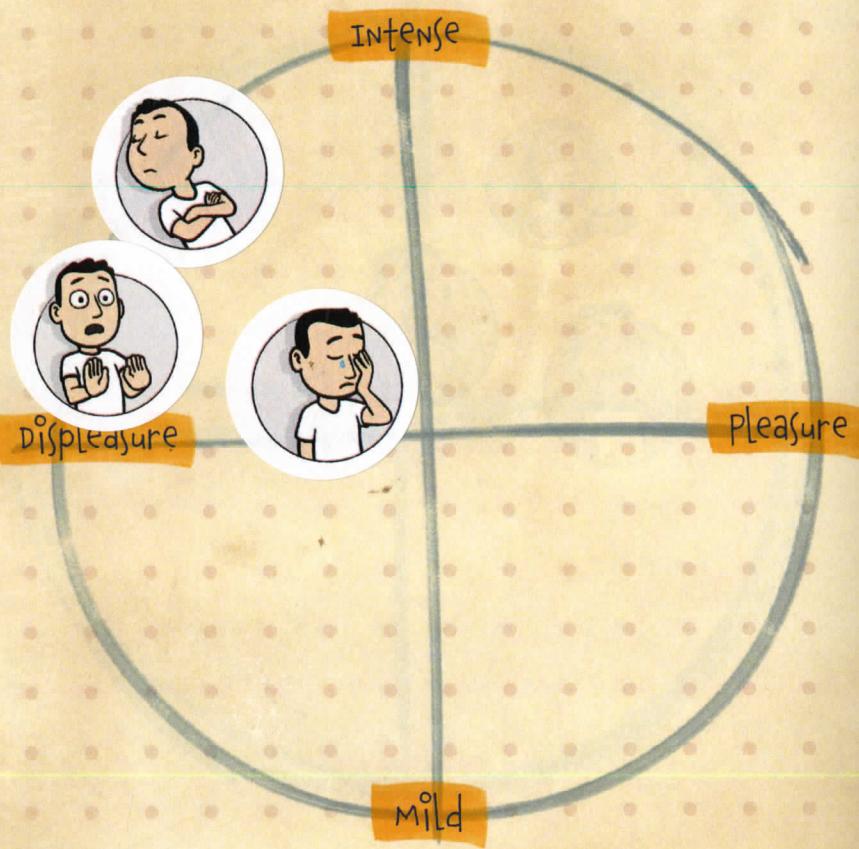
DAY 2

Pg. 25

Frequently used technology computer

What did it feel like to use it?

(Place a couple of stickers on the circle below)



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!

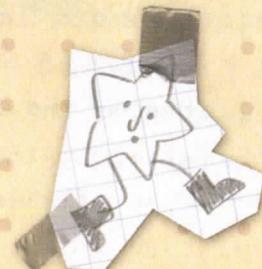
Because many people find it difficult to remember what exactly they did and experienced, we will do this in 3 steps:

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? 8:50 am

And when did you go to sleep? 10:15 pm

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 ~~the~~ 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 >>>

| EPISODE NAME | TIME IT BEGAN | TIME IT ENDED | TECHNOLOGY USED (HARDWARE/ SOFTWARE) | NOTES TO YOURSELF (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. |
| N 1M Online interview | 9:30 am | 10am | Computer, indeed video | had an interview for an internship, it went well → was excited/hopeful |
| R 2M walk to class | 11:25 am | 11:38 am | phone, airpods, Spotify | weather was great, music made me feel like I was on cloud 9, euphoric |
| N 3M | | | | |
| A 1A lunch break | 1:15 pm | 1:40 pm | phone, Hallw | watched Grey's while eating → felt relaxed, satisfied, at peace |
| R 2A | | | | |
| N 3A | | | | |
| F 1E walk down the slope | 4:08 pm | 4:20 pm | phone, airpods, Spotify | felt free/confident due to the music, relieved |
| F 2E TV time | 10 pm | 10:15 pm | phone, YouTube | wind down, tv relaxed me, made me ready for bed |
| N 3E | | | | |

DAY 3

Pg. 40

★ 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

Pg. 41

Up Next >>>

DIARY PAGES

DAY 5

Pg. 56

DAY 5

★ 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



Pg. 57

Diary Pages

About what time did you wake up yesterday? 8:10 am

And when did you go to sleep? 1:30 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 >>>

| EPISODE NAME | TIME IT BEGAN | TIME IT ENDED | TECHNOLOGY USED (HARDWARE/SOFTWARE) | NOTES TO YOURSELF (WHAT HAPPENED? WHAT DID YOU FEEL?) |
|-----------------|------------------|------------------|--|--|
| | | | | |
| N 1M | Squash | 9:00 am | 10:00 am | Phone, speaker, Apple Music We played squash while vibing to music, good vibes! |
| R 2M | | | | |
| N 3M | | | | |
| A 1A | Facetime | 4:15 pm | 5:00 pm | Was studying, took a break to talk to my family, was really nice |
| R 2A | | | | |
| N 3A | | | | |
| E 1E | dinner | 6:00 pm | 6:30 pm | Phone, Hulu watched Grey's while eating hotdogs + fries, so GOOD! |
| V 2E | | | | |
| I 3E | | | | |

Up Next >>>

DIARY PAGES

DAY 7

Pg. 76

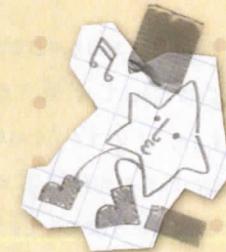
* Please do not start the online survey
until you complete today's diary pages. *

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? 6:20 am

And when did you go to sleep? 11:40 pm

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? WHAT DID YOU FEEL?) | | |
| EPISODE NAME | TIME IT BEGAN | TIME IT ENDED |
| TECHNOLOGY USED (HARDWARE/SOFTWARE) | | |
| 1M | pre-enroll | 7:45 am |
| | | 8:00 am |
| | | Laptop, Student Center |
| 2M | | |
| | | |
| 3M | | |
| 1A | get ready | 12 pm |
| | | 12:30 pm |
| | | Phone, Spotify |
| 2A | | |
| | | |
| 3A | | |
| 1E | wind-down | 11 pm |
| | | 11:40 pm |
| | | Phone, YouTube |
| 2E | | |
| | | |
| 3E | | |

DAY 7

Pg. 79