

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.

ck

...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.



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			Relaxation
Love	Energized	Inspiration	Pride
Amusement	joy	Enchantment	Sympathy
Courage	Fascination	Confidence	Satisfaction

First... I was anticipating the first exercise and found out it was a survey

Then... I completed the survey. Throughout the survey I was reflecting about my happiness emotions and well-being in general, and recently, I was in a relatively good mood and realized I was afraid but hopeful for the future. Finally... I felt relief that it was over. It wasn't because it caused me to ~~feel~~ be uncomfortable since I was reflecting on my emotions. That ~~last~~ was kind of tired and slept.

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 watch motivational clips primarily on Instagram reels and primarily basketball ones. When I listen to other ppl and the suffering they've gone through, I begin to feel grateful and inspired to use my resources to do good although I don't know what that looks like.

DAY 2

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Positive Moments of Life

CONFIDENT

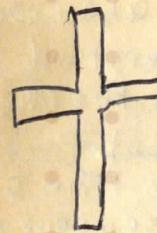
Can you think of a situation that made you feel '**CONFIDENT**'?
What happened? What did you do?
How did you respond? What was in your mind? How did you express your feelings?



CONFIDENT

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

I felt confident when...



I am reminded that I belong to Jesus Christ. Because I know I belong to Him, I feel at ease and am not afraid of what others may say or do. Of course I try to do the right thing and make others around me happier or hopefully

DAY 2

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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...



someone is in a bad situation or a bad mood.
I try to understand the depth of the situation.
~~Based on what~~
Most of the time I just listen if someone is talking to me without letting them know I acknowledge them.
I will give advice occasionally and if they want it.

SAY IT WITH STICKERS!



MAPPING OUR FEELINGS

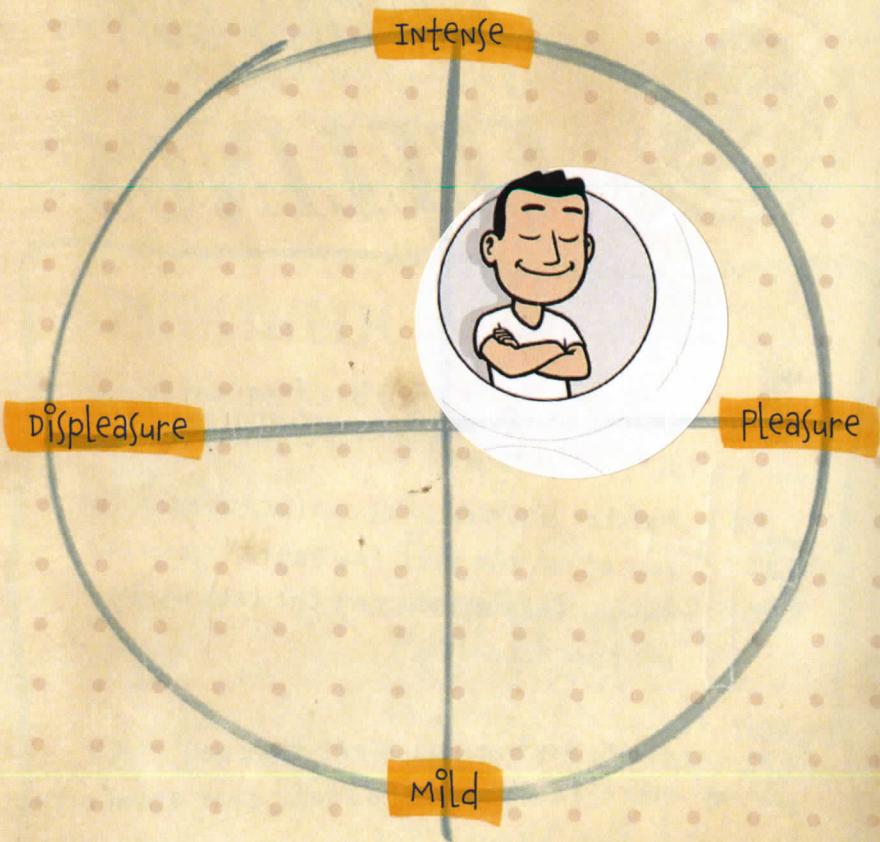
1. Choose one technology you frequently use (e.g., laptop, headphones, streaming service).
2. Use the provided stickers (included in the packet) on the next few pages to express how you felt while using the technology one time recently.
3. Think about why you felt that way, and reflect upon any details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

Frequently used technology

headphones

What did it feel like to use it?

(Place a couple of stickers on the circle below)

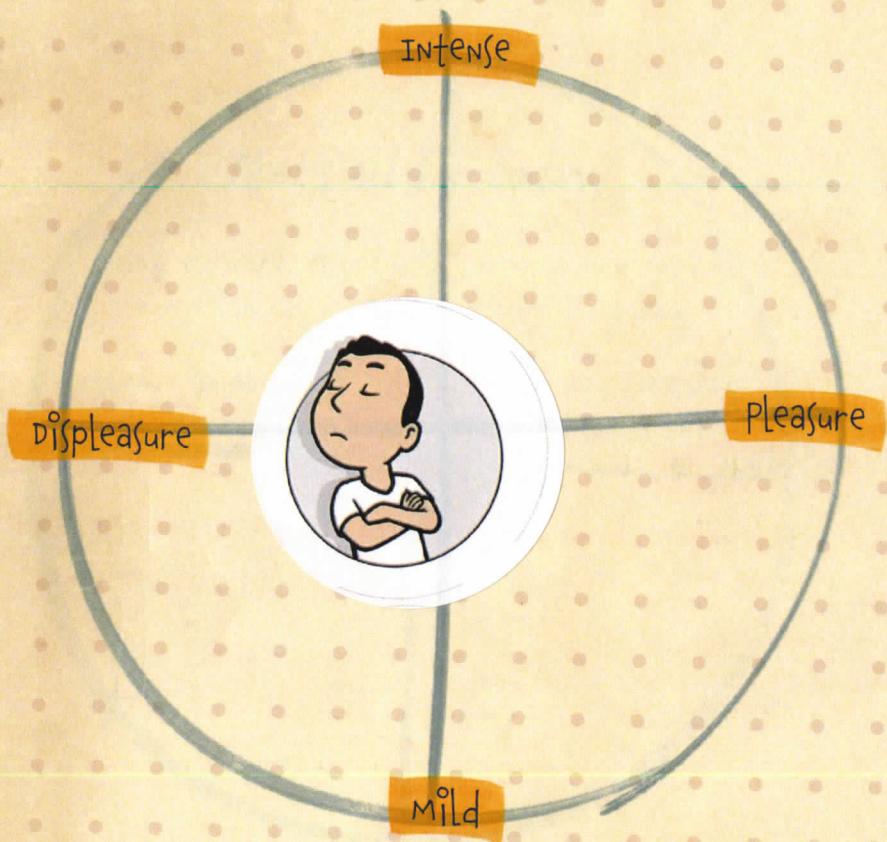


Frequently used technology

laptop

What did it feel like to use it?

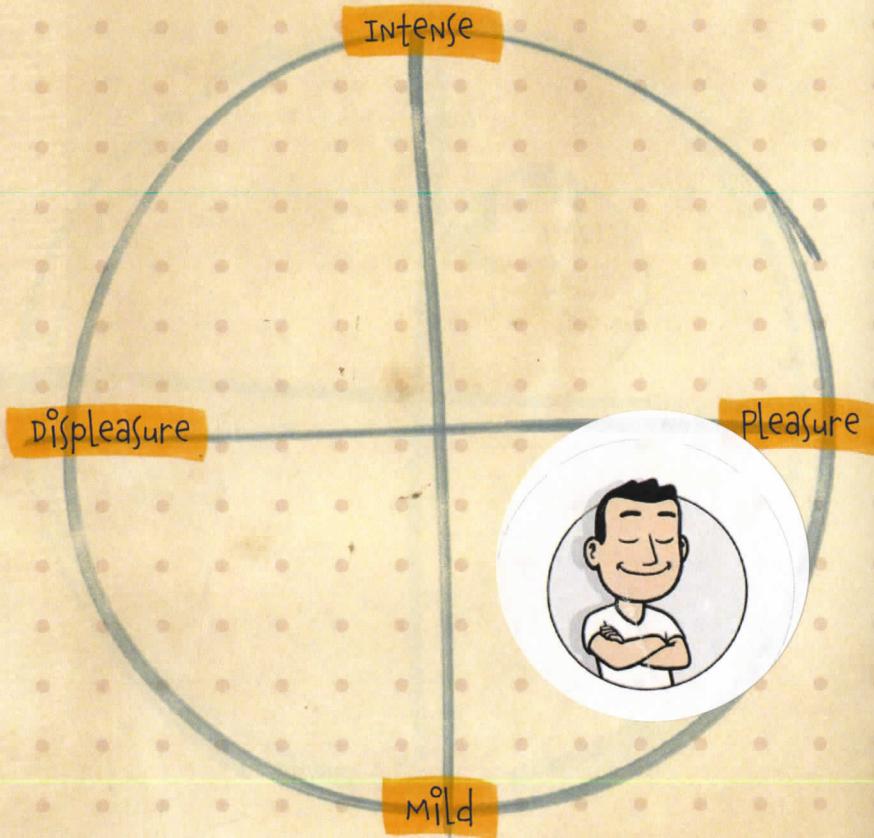
(Place a couple of stickers on the circle below)



Frequently used technology

apple watch

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~~.

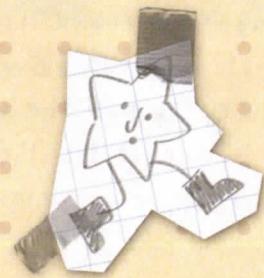
2. We'd like you to reconstruct what your day was like, as if you were writing in your diary. **Where were you? What did you do and experience? How did you feel?** Answering the questions on the next page will help you to reconstruct your day.

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.  

i
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? 6:53

And when did you go to sleep? 11:15

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 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)
EX Looking at Photos	11:30 AM	11:50 AM	Phone, photos app
M 1M enrolling in classes 7:30AM	8:00AM	8:04AM	Student, computer, essentials
R 2M			I didn't get classes I planned to take sad
N 3M			
A 1A after lunch	12:30PM	1:30PM	Phone, Spotify
R 2A			Good food, went back to shower, stopped for food center
O 3A			
E 1E extra credit; +	4:15 PM	6:15 PM	student organization schedule app
F 2E			good the lecture north Kaeo
N 3E			Quite interesting

DAY 3

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★ 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? 8:20 AM

And when did you go to sleep? 3:00

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 >>>

NOTES TO YOURSELF (WHAT HAPPENED? WHAT DID YOU FEEL?)		
EPISODE NAME	TIME IT BEGAN	TIME IT ENDED
TECHNOLOGY USED (HARDWARE/SOFTWARE)		
1M extra credit study	10:00	11:15
1M	10:00	11:15
1M	10:00	11:15
2M	10:00	11:15
2M	10:00	11:15
2M	10:00	11:15
3M	10:00	11:15
3M	10:00	11:15
3M	10:00	11:15
2A advisor meeting	1:00	1:30
2A	1:00	1:30
2A	1:00	1:30
3A	1:00	1:30
3A	1:00	1:30
3A	1:00	1:30
IE Interview	4:00	5:00
IE	4:00	5:00
IE	4:00	5:00
2E	4:00	5:00
2E	4:00	5:00
2E	4:00	5:00
3E	4:00	5:00
3E	4:00	5:00
3E	4:00	5:00

Up Next >>>

DIARY PAGES

DAY 7

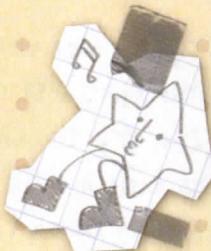
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DAY 7

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? 9:15

And when did you go to sleep? 4:30

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			
TIME IT BEGAN	TIME IT ENDED	TECHNOLOGY USED (HARDWARE/ SOFTWARE)	WHAT HAPPENED? WHAT DID YOU FEEL?
1M	Went to church	10:00	Phone/hybrid
2M			tired, felt closer to God virtual growth
3M			
1A	Meeting (E-board)	1:00	Phone/google meet
2A			long, didn't really focus again, but last meeting of semester
3A			
1E	watch Warriors game	8:30	computer, projector/HBO max
2E			great experience, great game
3E			