

How do you feel?

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Subjective feelings are conscious awareness of emotion

Feelings



Emotions



In application:
Emotion = Feelings

To identify emotion → Ask!

How are you?

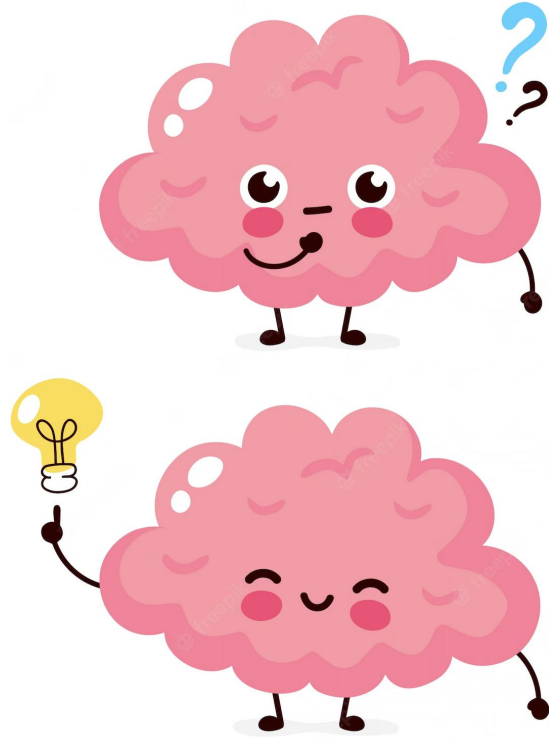
Happy

Sad

Angry

Loved

...



Ask → Components of emotion

Pleasure:

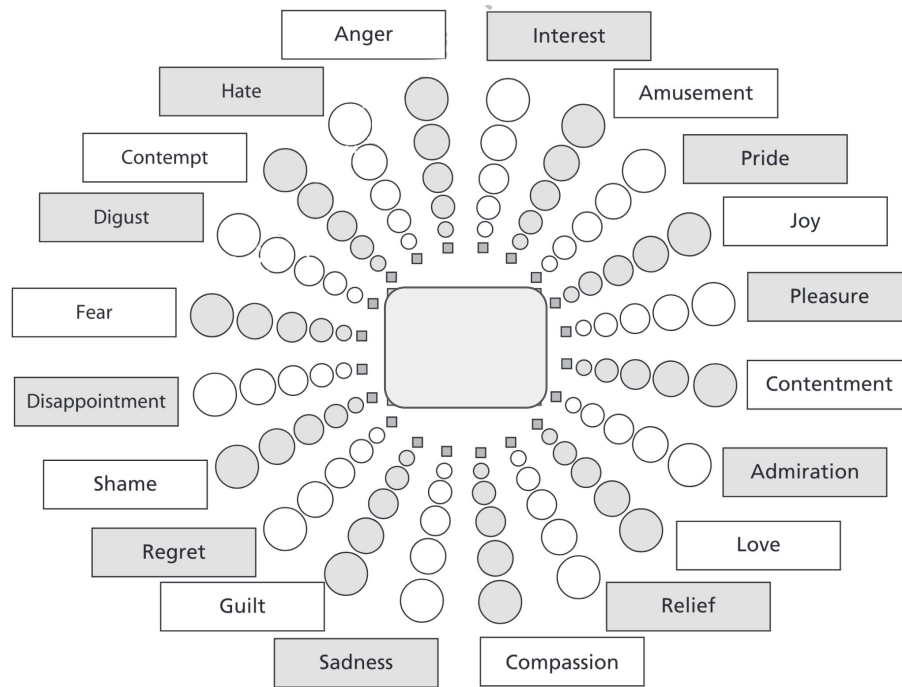
Positive and Negative

(Pleasant vs Unpleasant)

Control: High and Low

(Can vs Cannot influence
the situation)

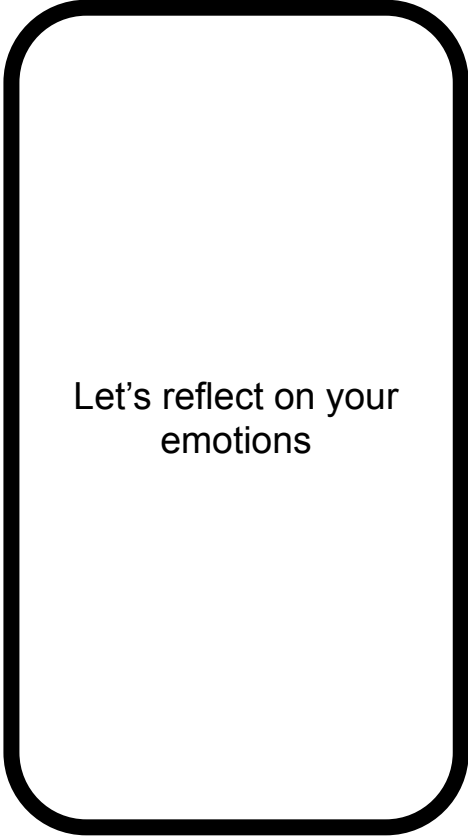
Components are on the *wheel of emotions*



Summary of task

Use *wheel of emotions* to identify current emotional state

Task

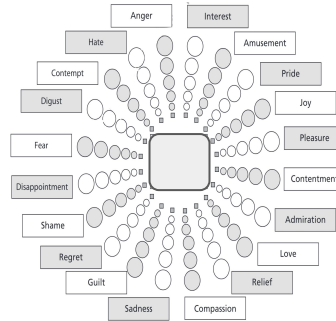


Let's reflect on your
emotions

Task

Let's reflect on your
emotions

Tap the word that best
describes how you
feel right now

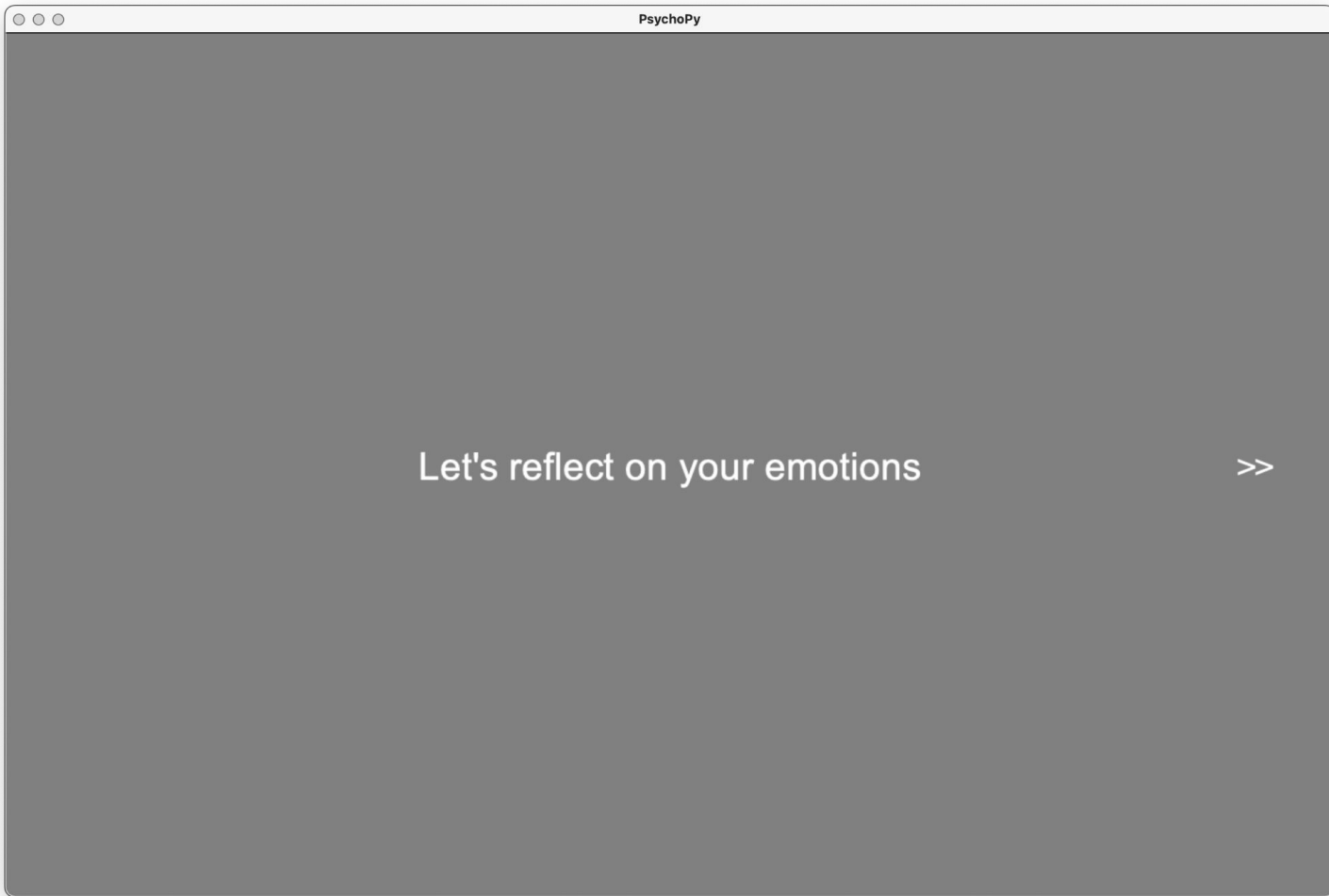




Find the task prototype here: <https://gitlab.pavlovvia.org/pratikb/emotion-test>

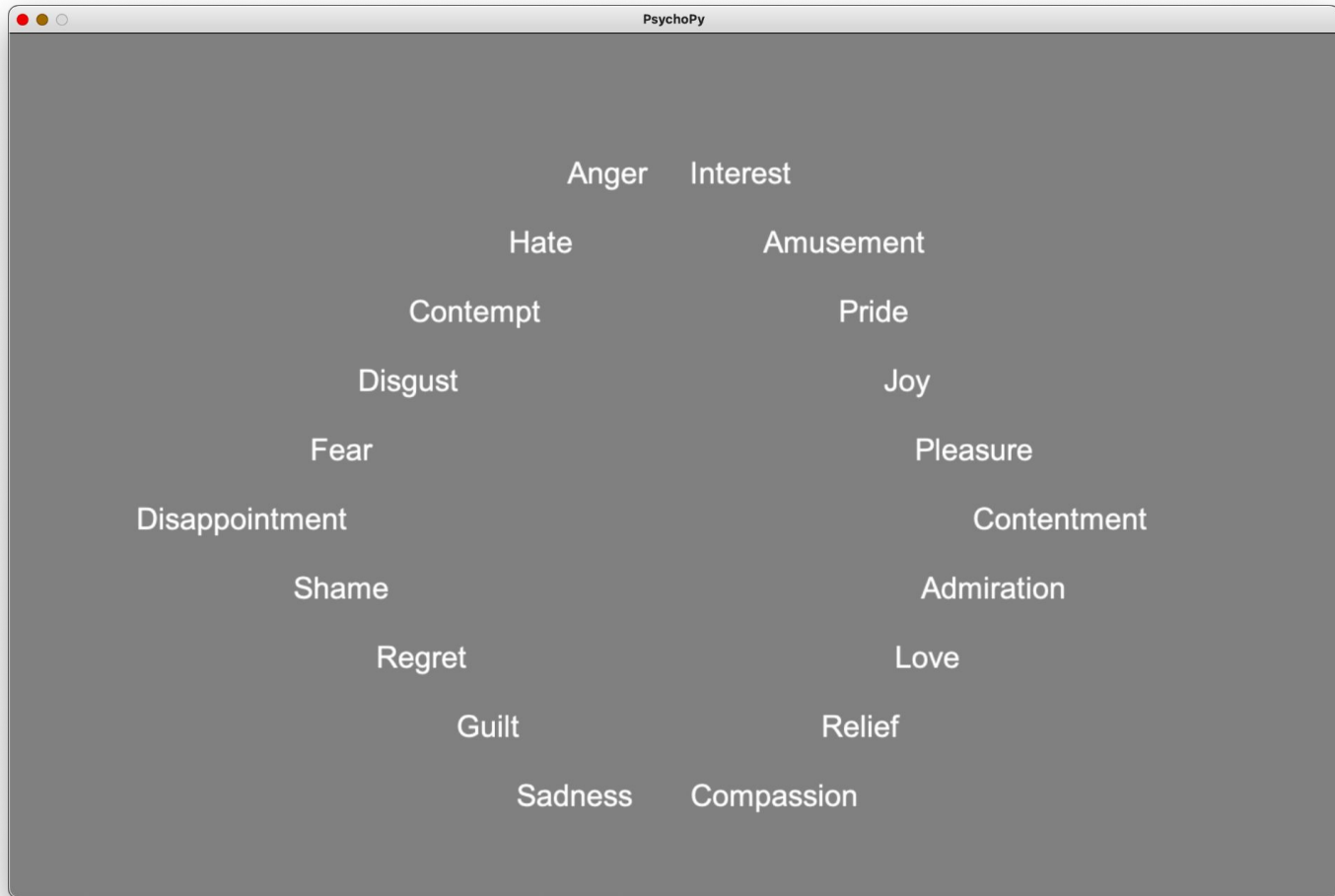
Screenshots of the prototype in the next slides

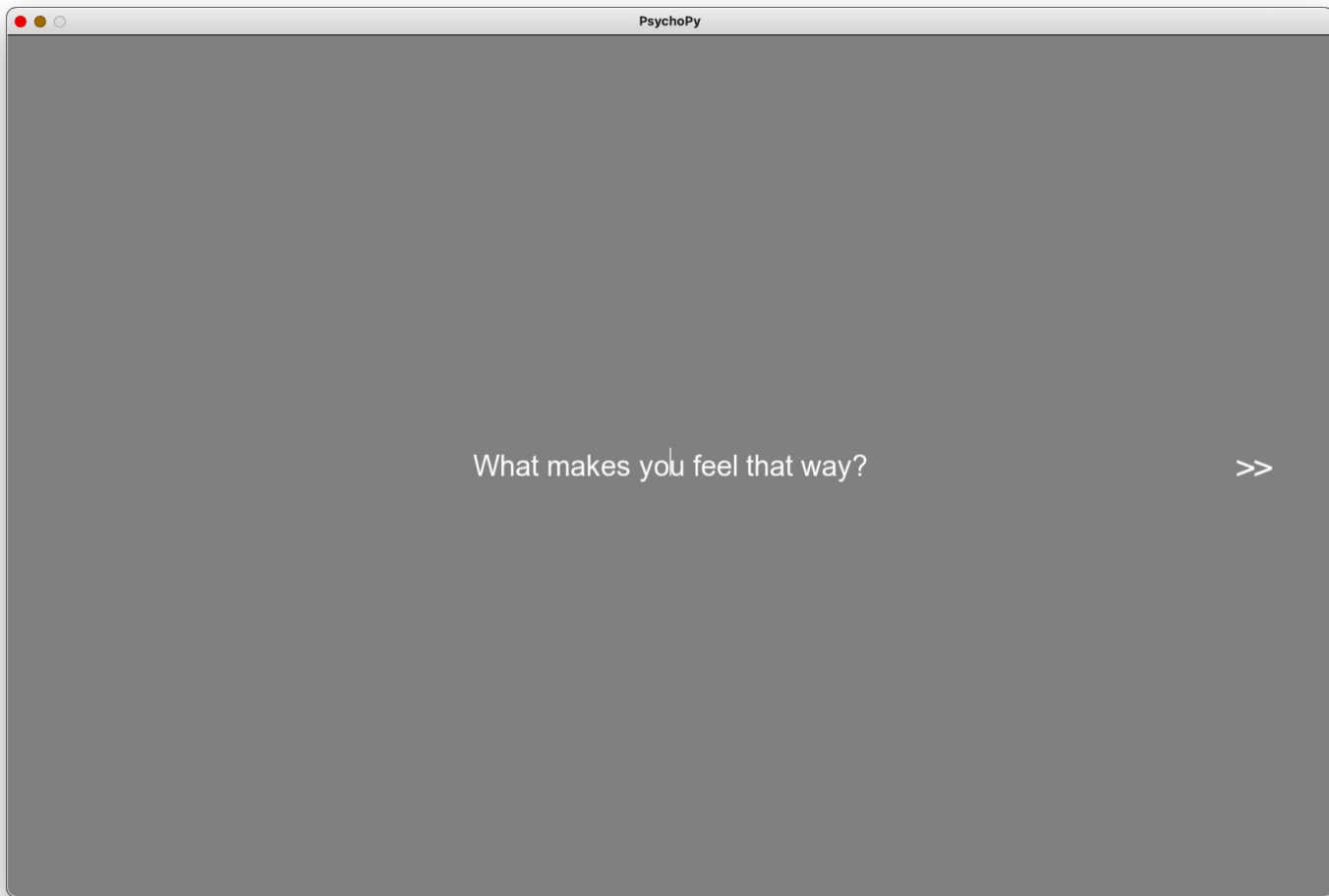




Click the word that best describes how
you are feeling right now

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Takeaway

20 emotion words in the *Wheel* system

We get:

One of the 20 emotion words

Additional description of the current state and cause

