How do you feel?

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Subjective feelings are conscious awareness of emotion

Feelings

Emotions

In application:
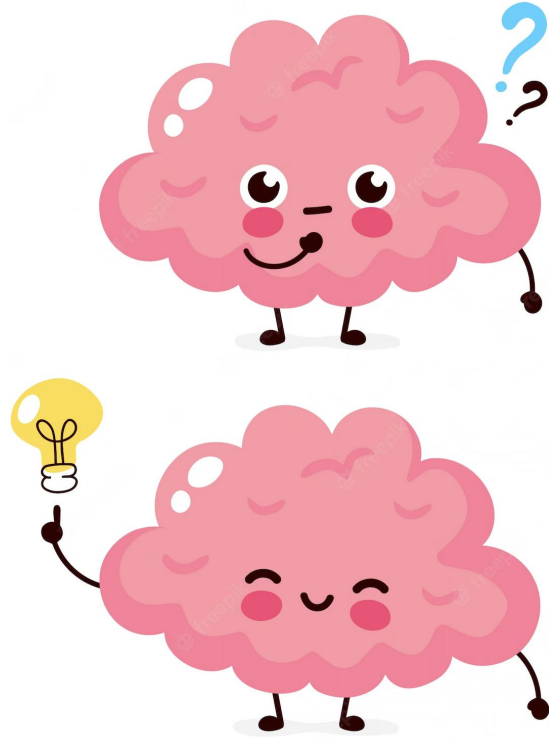Emotion = Feelings

To identify emotion → Ask!

How are you?

    Happy

    Sad

    Angry

    Loved

    …

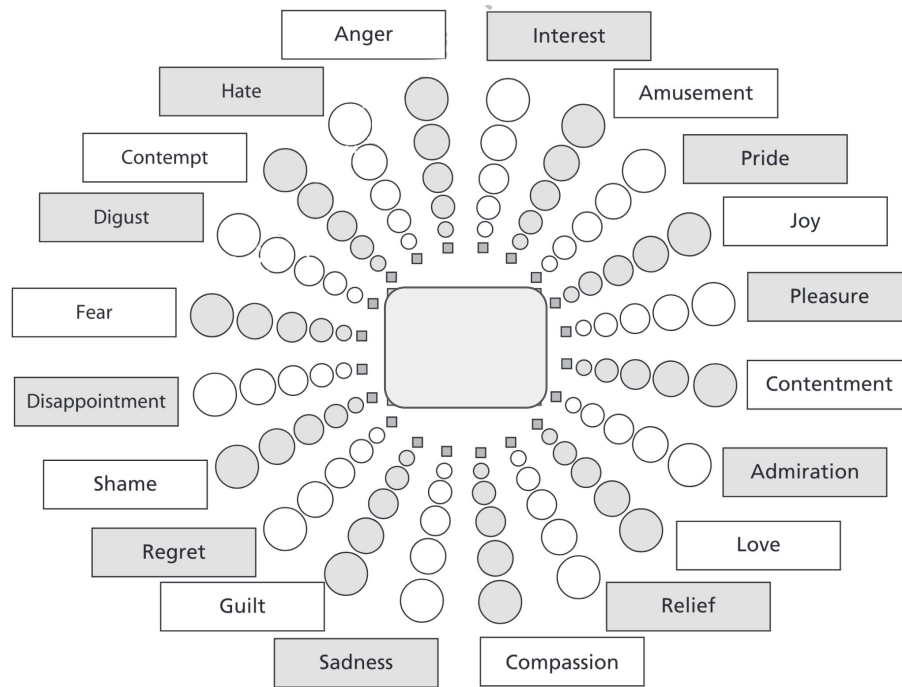# Ask → Components of emotion

Pleasure:

    Positive and Negative

    (Pleasant vs Unpleasant)

Control: High and Low
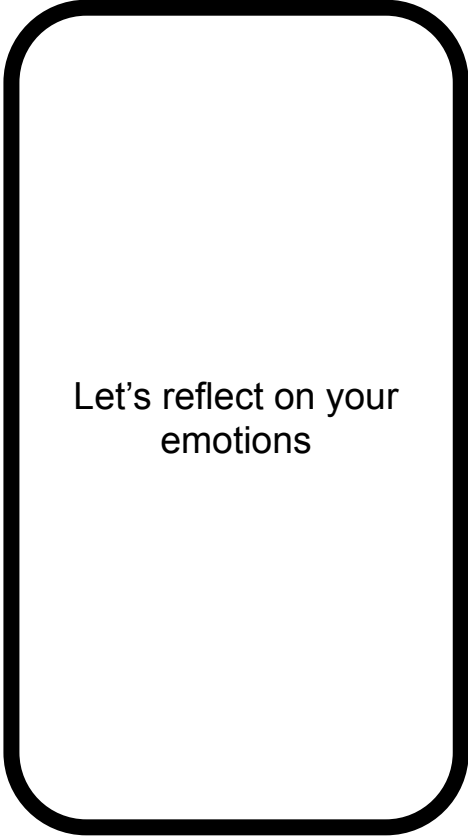
    (Can vs Cannot influence

    the situation)

Components are on the *wheel of emotions*

Summary of task

Use *wheel of emotions* to identify current emotional state
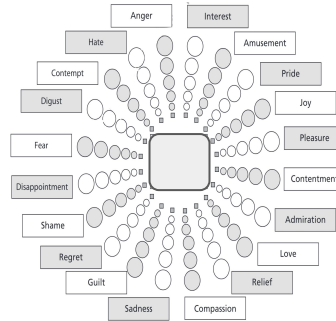
Task

Let's reflect on your emotions

Task

Let's reflect on your emotions
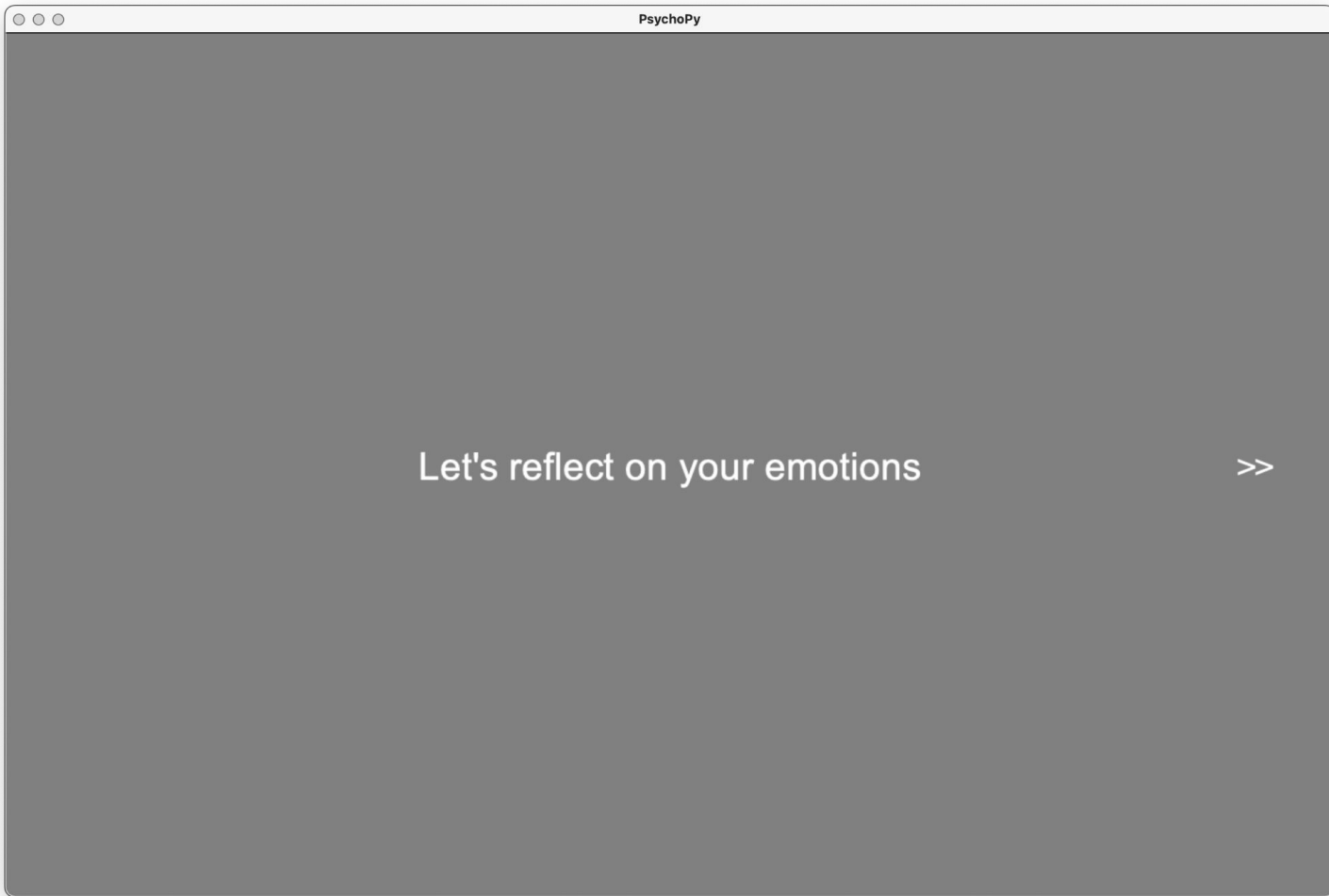
Tap the word that best describes how you feel right now

Anger
Interest
Hate
Amusement
Contempt
Pride
Digust
Joy
Fear
Pleasure
Disappointment
Contentment
Shame
Admiration
Regret
Love
Guilt
Relief
Sadness
Compassion

Find the task prototype here: https://github.com/pratik-bhandari/emotion-test

Screenshots of the prototype in the next slides

Let's reflect on your emotions   >>

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

>>

Anger   Interest

Hate   Amusement

Contempt   Pride

Disgust   Joy

Fear   Pleasure

Disappointment   Contentment

Shame   Admiration

Regret   Love

Guilt   Relief

Sadness   Compassion

What makes you feel that way?　　　　　　　　　　　>>

Thank you for reflecting on your emotions
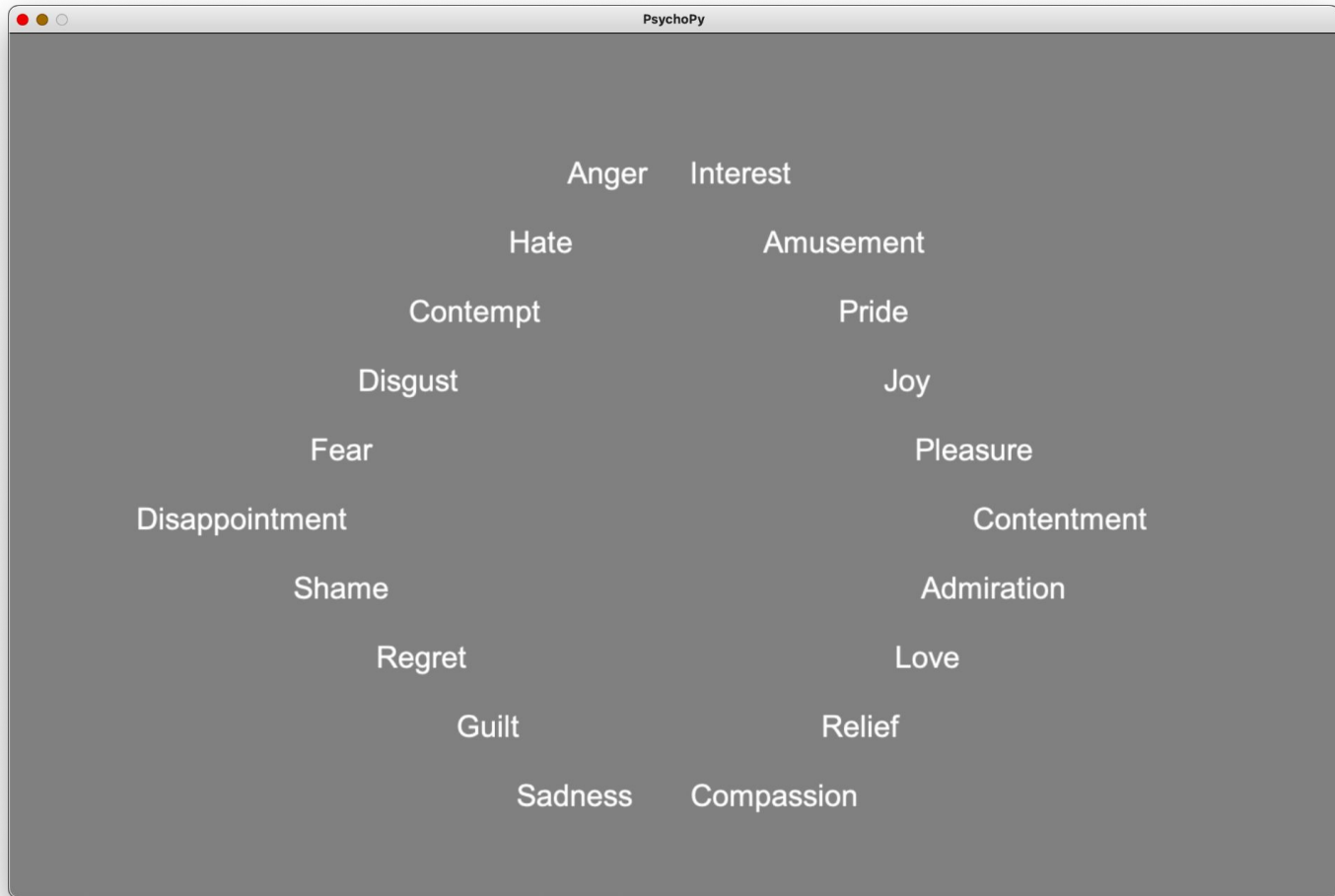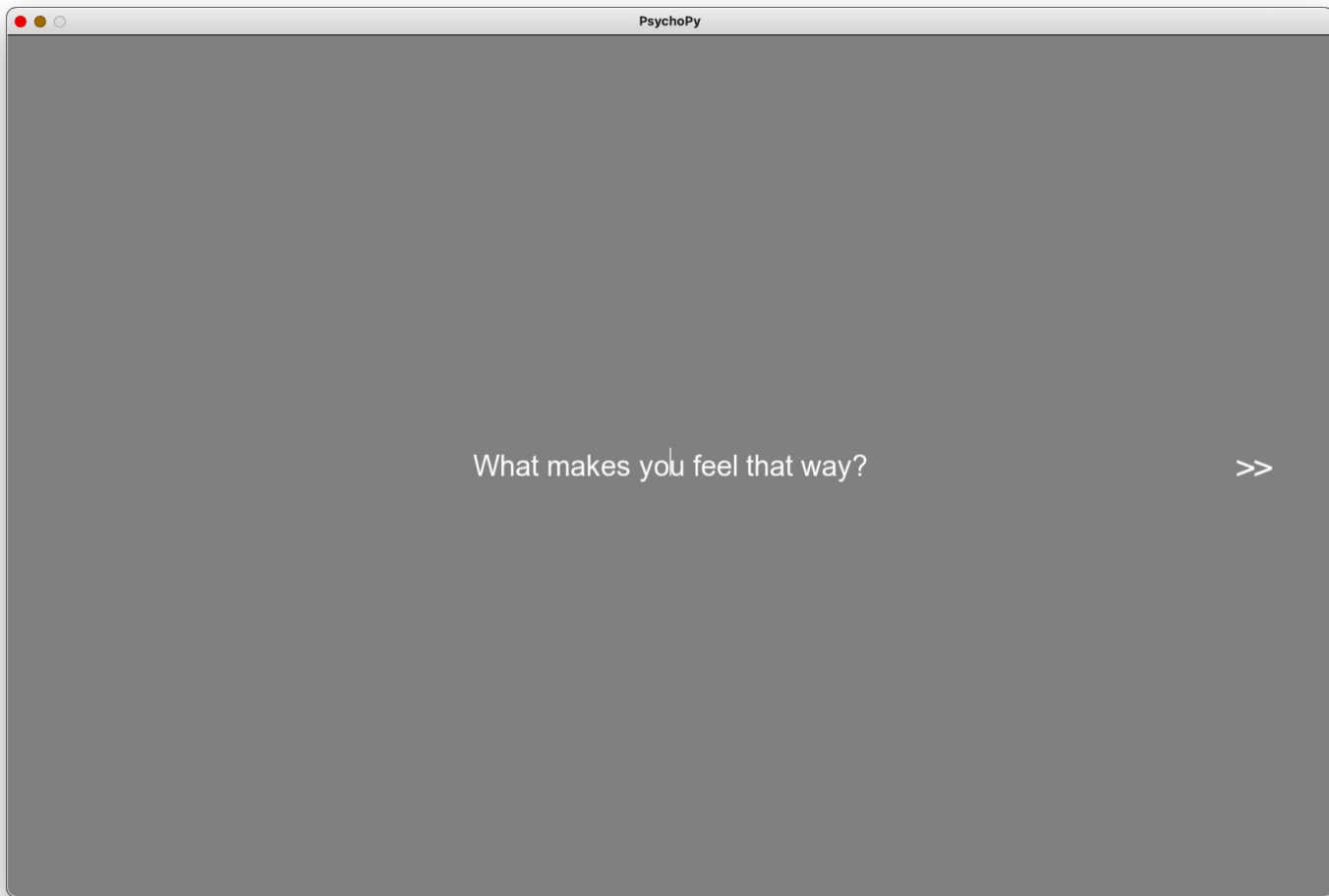
Takeaway

20 emotion words in the *Wheel* system

We get:

    One of the 20 emotion words

    Additional description of the current state and cause