Recognizing Your Emotions Assignment

IMPORTANT NOTE:
This exercise requires keeping an Emotions Log for three (3) days. You cannot do this exercise the night (or morning) before it is due!

Purpose:
To get you to think about the emotions you are experiencing and the role they play in your communication.

This assignment is linked to the following Student Learning Outcomes:
• analyze the role of the individual as both a sender and receiver in the communication process.
• differentiate the various factors involved in communication that enhance or restrict communication effectiveness in relational systems.
  o assess interpersonal conflict in communication and differentiate amongst general strategies to manage conflict effectively, including the expression of emotions.
  o evaluate the role of ethical standards on interpersonal communication and the impact of various relational challenges

Procedure:

Prep Work
Remember: This activity involves keeping an Emotions Log for three (3) days, meaning you need to schedule starting your log at least three days prior to when the write-up is due. You may want to read the Processing/Discussion questions before beginning this portion.

1. Keep a three-day record of your feelings (emotions).
   
   You can do this by spending a few minutes each evening recalling what emotions you felt or you can carry around a small note pad or note card and jot what down information as it occurs.

   Consider writing down:
   • What you were feeling (including any physical sensations)
   • What was occurring before and during those feelings (circumstances)
   • What other people were involved.
   
   You will likely experience several different emotions or go through different events, so this will likely be more than 1-2 sentences.
   
   • Pay attention to the primary and secondary emotions you may be feeling:
     o Primary Emotions: What did you feel first, your first response to a situation. These are the unthinking, instinctive responses that we have (typical primary emotions are fear, anger, sadness, happiness, etc.). Primary emotions are often transient, meaning that they may come and go very quickly.
     o Secondary Emotions: What came next? You may have started with a primary emotion what quickly moved into a secondary emotion (such as fear transitioning into disgust or frustration, or sadness turning into concern).
   
   • Are the emotions you are feeling simple (a single emotion) or mixed (a combination of emotions, almost a blend)?

2. Regardless of how you record your emotions and events (all at once in the evening or throughout the day as they occur), you need to email your log to yourself each day (so I
can tell you really did it over the course of three days, and didn’t just fake it by writing all three days’ worth at once. I need to see the time stamps. (Don’t email to me, but to YOU!)

• Email the first log to yourself on Day 1 (if you handwrote your log, you can attach a picture or a scan).
• Then on Day 2, hit Reply All and email your second log.
• Do the same for Day 3.
• Then print your email string to bring to class along with the Processing/Discussion portion of this assignment. (see sample below)
Processing/Discussion Questions
After you have completed your emotions log over the three-day period, print out your email string (so that I can see the logs and the associated dates).
Review your logs and answer the following (typed, please; write about a paragraph on each question):

(Please remember to put the Name of the Assignment at the top of your paper, as well as your name and the class meeting days/time in the upper right corner of your paper.)

1. How did you recognize the emotions you felt? (Were there physical cues? Was it recognizing the response from another person? Be specific.)

2. What level of difficulty did you have when deciding which emotion you were feeling? Why or why not?

3. Which emotions did you experience most often in the last three days? How would you characterize them (primary/secondary; simple/mixed; mild/intense)? Why do you think you were feeling those emotions most often? Are these emotions typical of those you usually experience, or were the last three days unique?

4. Do you always express your feelings? (If so, how?) Does your decision to express or not express your emotions vary by situation? How or why?

5. if you expressed your emotions over the last three days, do you think the choice to express your emotions was appropriate? Were you satisfied with the ways you expressed your emotions? Were you satisfied with the consequences of the ways you expressed your emotions?

If you did not express your emotions over the last three days, do you think the choice to not express your emotions was appropriate? Were you satisfied with the consequences that arose from not expressing them?

Finally, staple your log (the email chain) to your answers to the above questions to turn into me in class. (I really won’t look at your Log; I just want to make sure you did it! And that you did it over a 3-day period.)