

Emotions Explorer: Try this!

 ccl-explorer.org/emotions-explorer-try-this/

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Emotions Explorer activities can be designed for online meetings or face to face, or both at the same time.

Try this:

- Spread out the cards up. Ask people to pick one or two that represent something they felt recently (at work or at home) in a situation, that they want to understand better.
- Think about/write down about the situation with SBI-level specificity: Situation? Behaviors? Impact?
- Then think of another two situations where they felt similar emotions.
- They then are asked to think about what kinds of situations “trigger” them and what this says about the kinds of things they value and what is important to them.
- If you are face to face: Work in pairs and share. One person goes first. Pick the emotion(s) and share it with the other, who then shares a time where they felt a similar emotion. They then try to identify what the common triggers are between them. Repeat for the other person.

Ideally people will be willing to share their triggers even if they don't feel comfortable talking about specific situations.