

Emojis Don't Count:

Exploring emotion for healing, growth, and
wellbeing

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Roadmap

- Exploring Emotion
- For Healing
- For Growth and Wellbeing

Clarity of Terms

- Emotion (emovere [Latin]): “to shake, to stir”
- Feeling (felan [Old English]): “to perceive by touch or palpation”
- Mood (mod [Germanic > Old English]): “mode, heart, state of mind, spirit”

Emotion

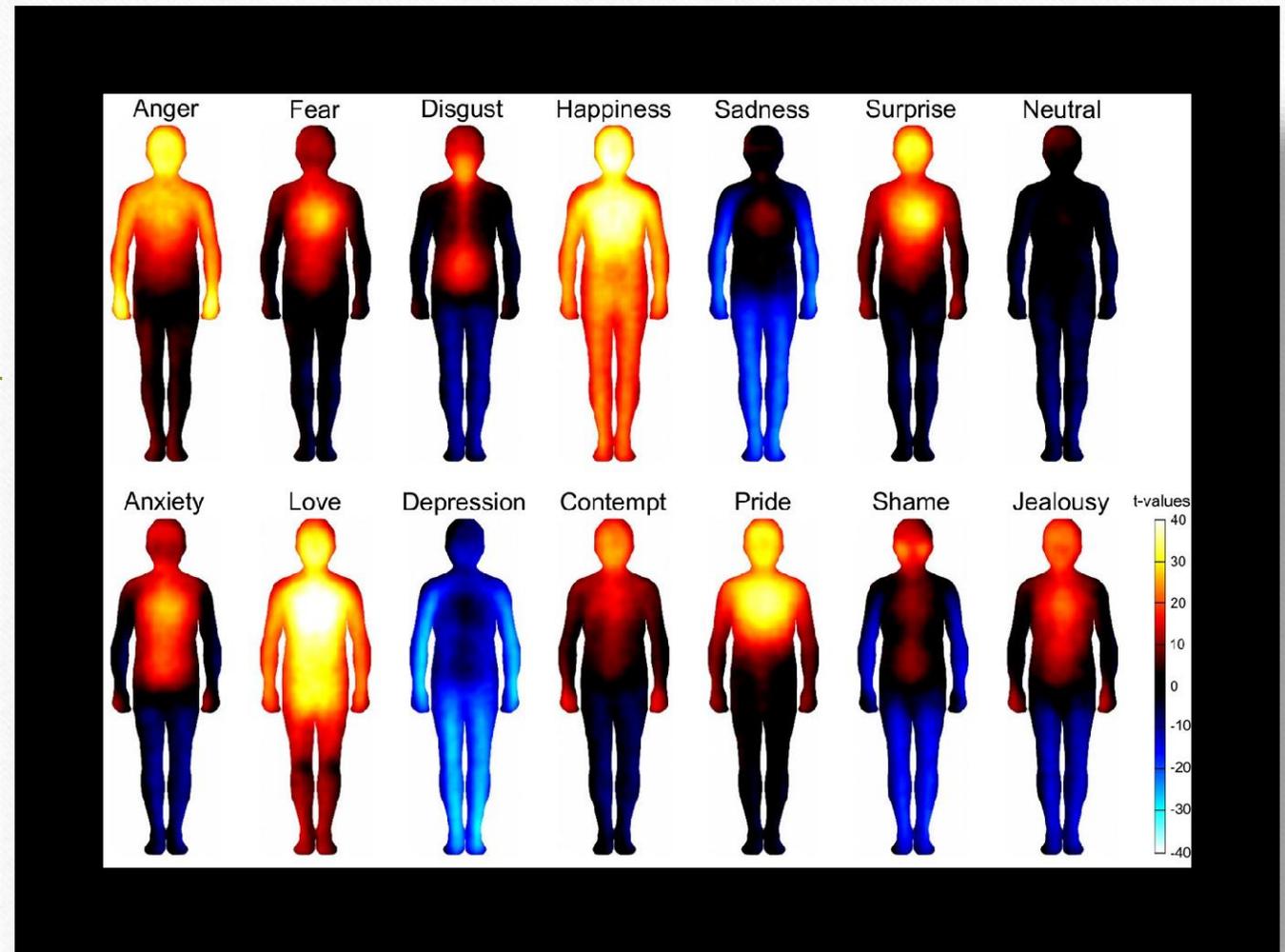
- An involuntary synthetic intuitive capacity involving subjective experience, and voluntary or involuntary physiological and behavioral responses.
- The modern colloquialism “Its giving...,” as we will see, is an apt parallel for emotional experience.

Feeling

- Arise from an emotional experience and categorically related to pain or hunger.
- Proprioceptive / Phenomenological experience

Feeling map

“heat map” of activation / deactivation across simple and complex emotional states



Mood

- a short-lived emotional state, usually of low intensity with no apparent (though not undiscernible) cause.

Major Models of Understanding

Appraisal Approach

- Models which assume that emotions are not merely triggered by objects in a reflexive or habitual way, but arise from a meaningful interpretation of an object by an individual.
- Existential / Subjectivist

Basic Emotion

- Models which assume that certain biologically privileged kinds of emotions are automatically presumed to share something biological in common: all instances approximate one another / they share a common cause and function.
- Materialism

Ekman & the FACS

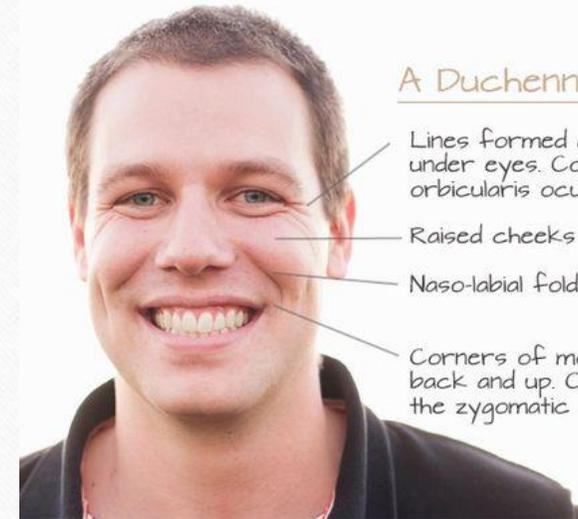
7 Basic Expressions

Facial Action Coding System (FACS)

The Pan-Am Smile
FACS: 12C+25C



Duchenne Smile
FACS: 6B+12D+25C



A Duchenne Smile

Lines formed around and under eyes. Controlled by the orbicularis oculi muscle.

Raised cheeks

Naso-labial folds

Corners of mouth pulled back and up. Controlled by the zygomatic major muscle.

Psychological Constructionist Approach

- Models that assert emotions are psychological compounds that involve psychological ingredients not specific to emotion and many include a second cognitive or ideational component.
 - "In every waking moment, your brain uses past experience, organized as concepts, to guide your actions and give your sensations meaning. When the concepts involved are emotion concepts, your brain constructs instances of emotion."
(Barrett, 2017)
- Materialist, but more generally a psycho-social constructivist idea

Theory Begets Therapy

- Appraisal Approach
- Basic Approach
- Psychological Constructionist Approach
- Cognitive Behavioral Therapy (CBT) Stoicism
- Psychopharmacological interventions, Emotion Focused Therapy (EFT)
- Solution Focused, Narrative, EFT

STEP 1



STEP 2



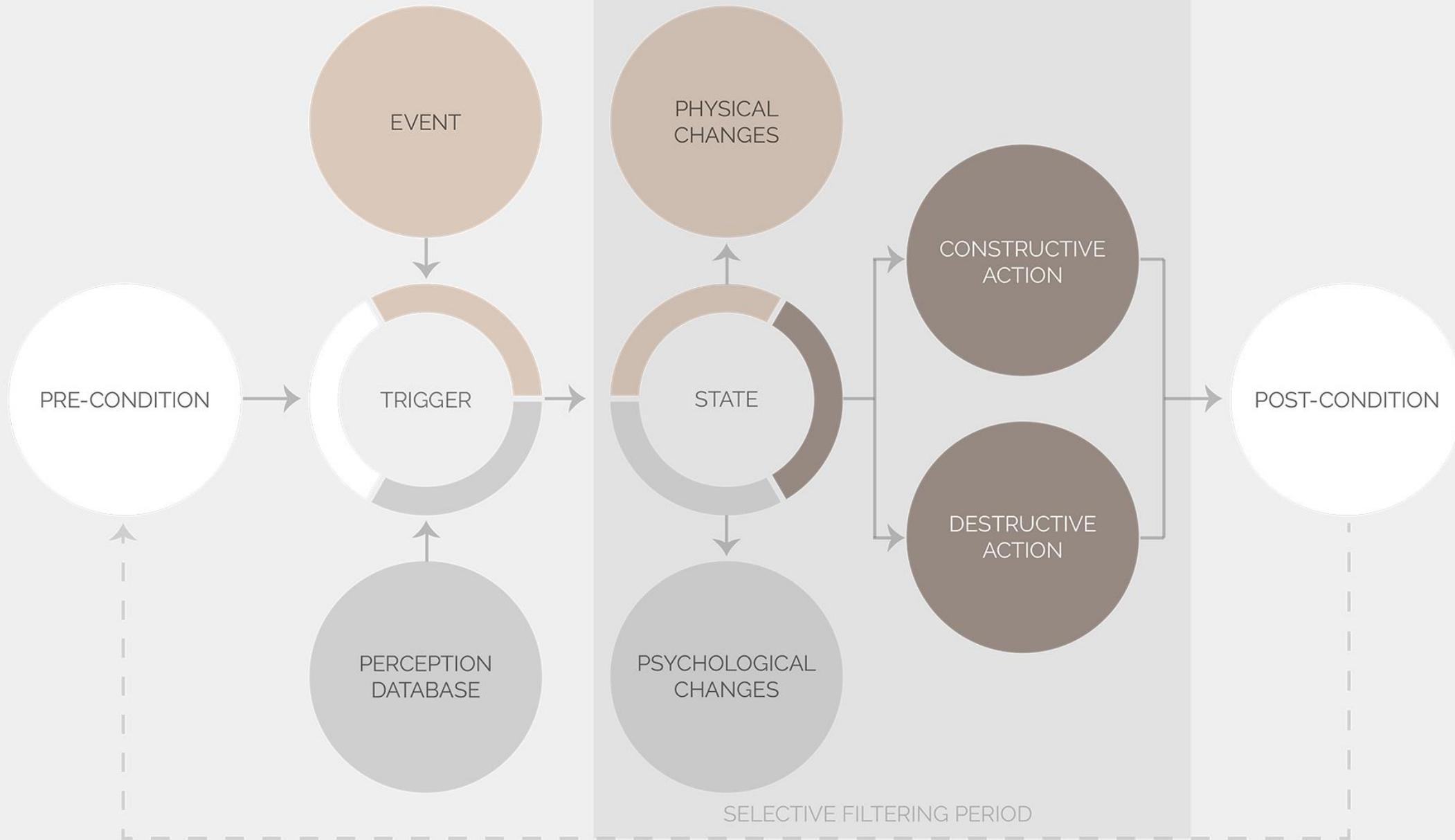
STEP 3

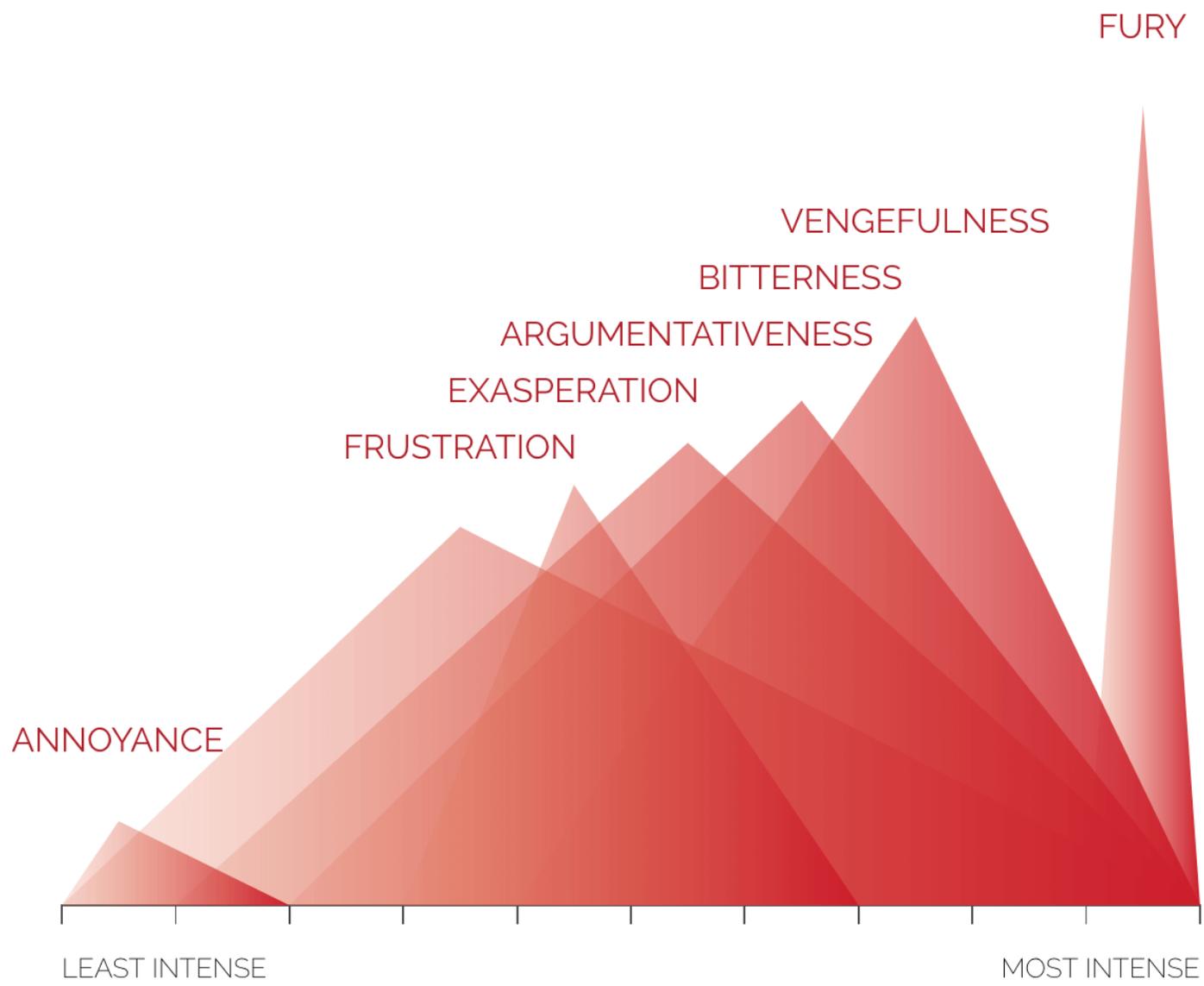


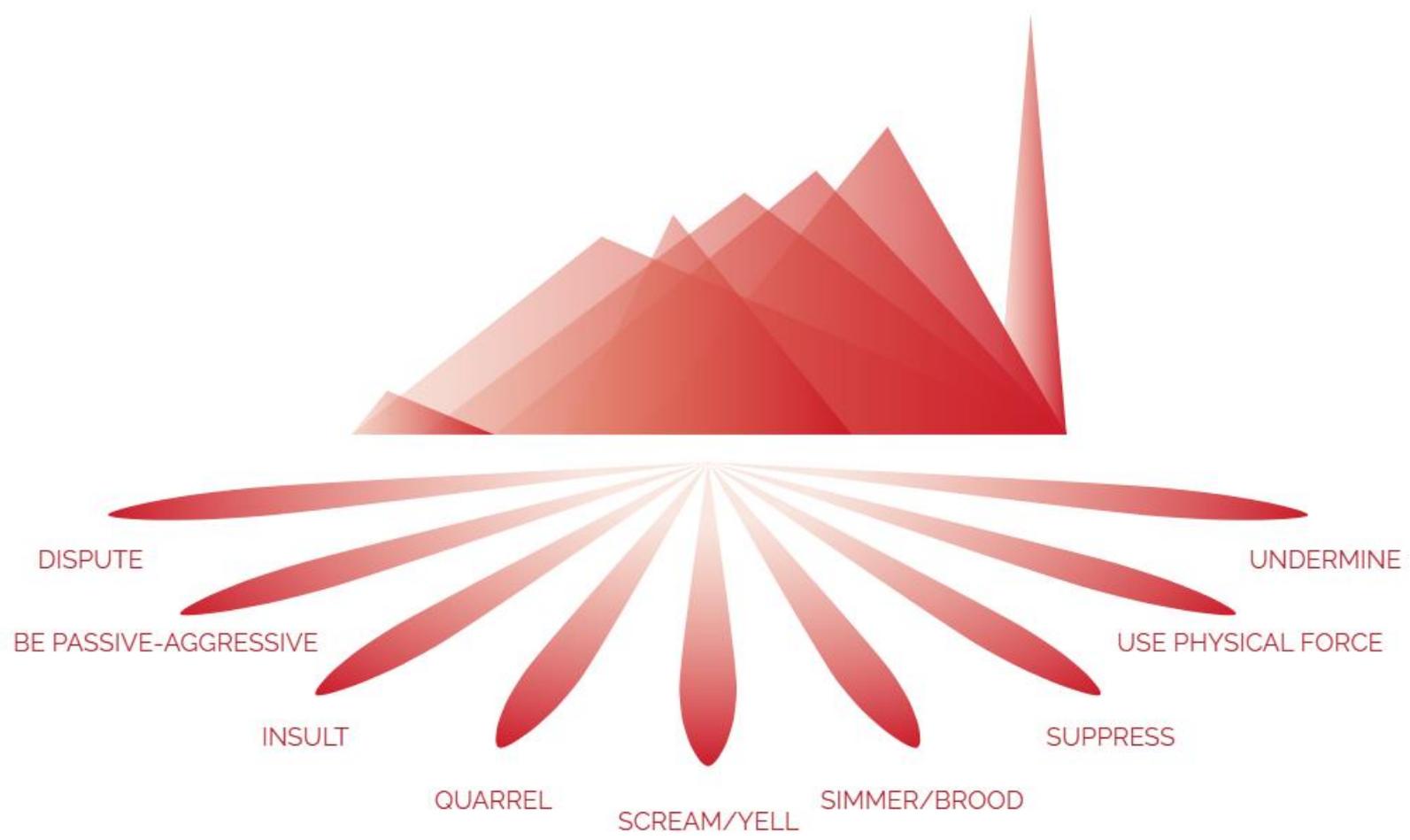
STEP 4

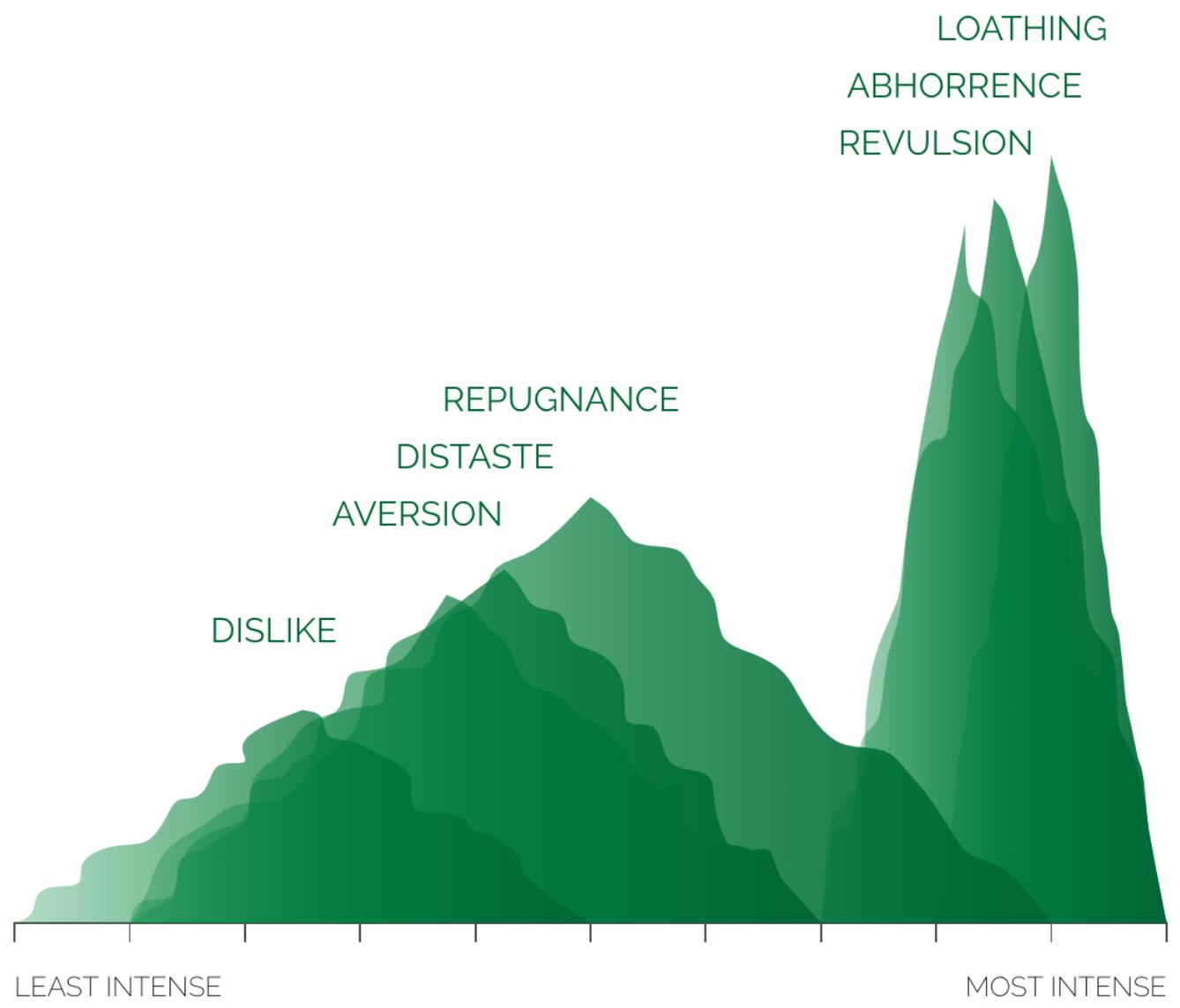


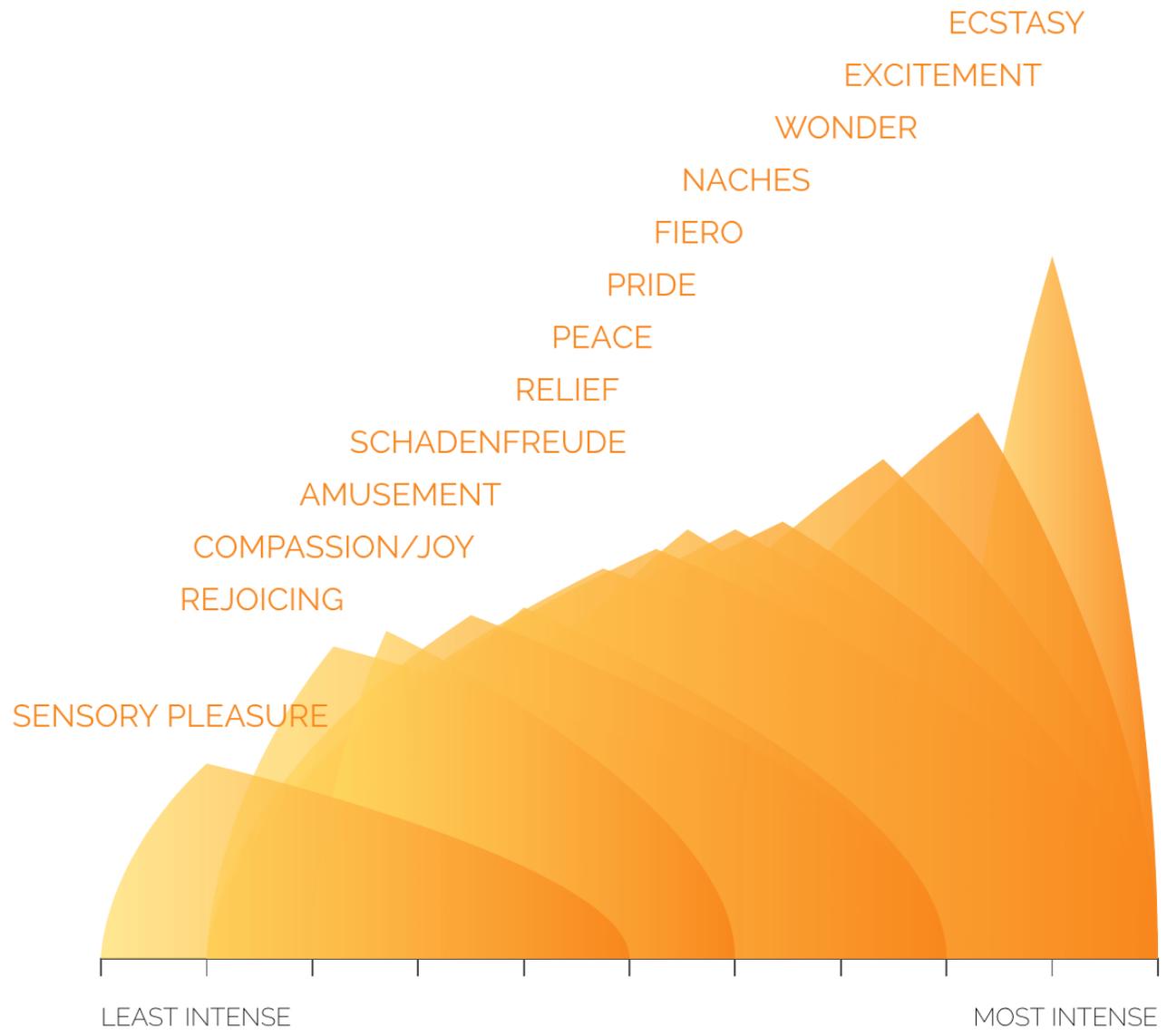
STEP 5

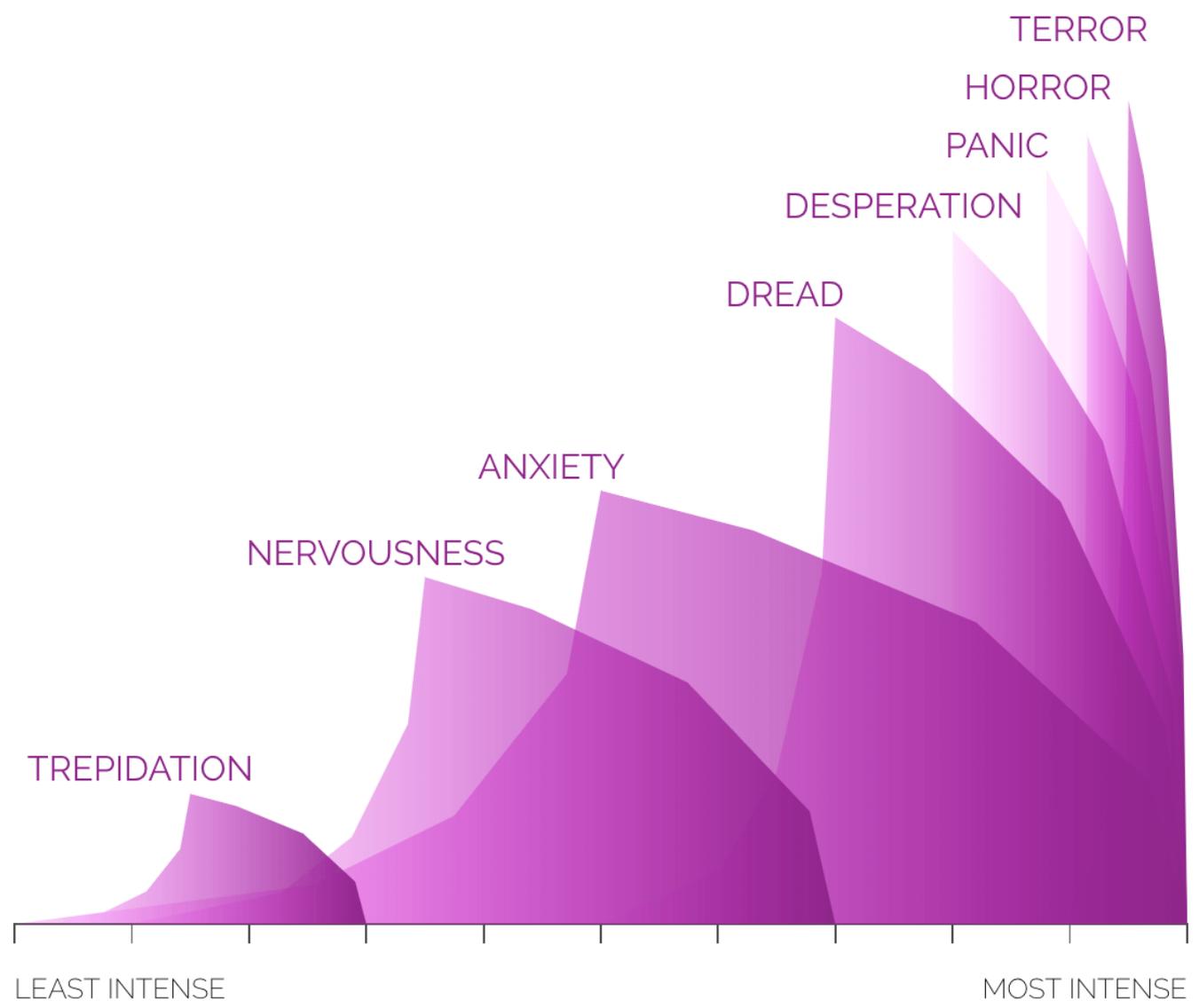


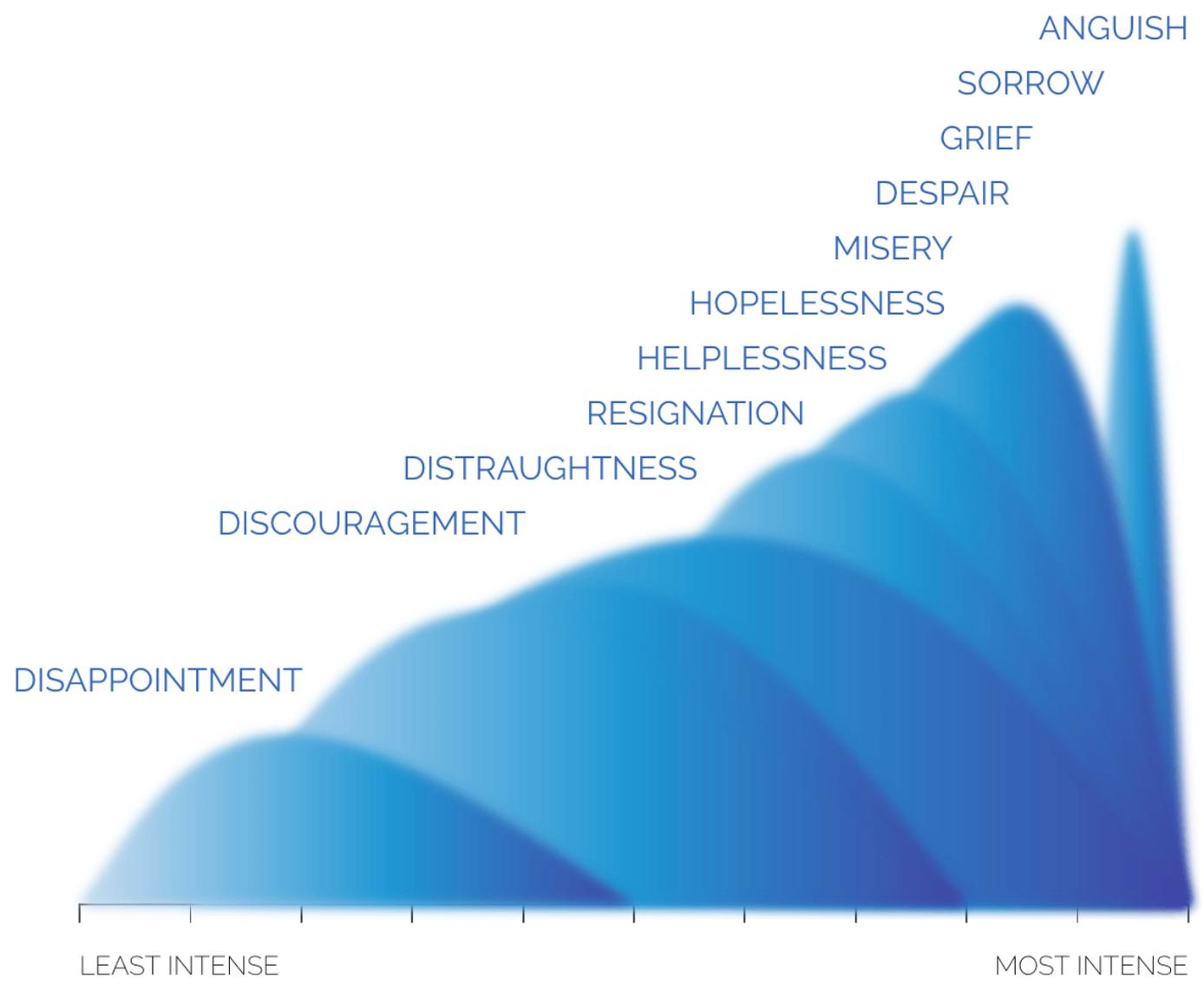




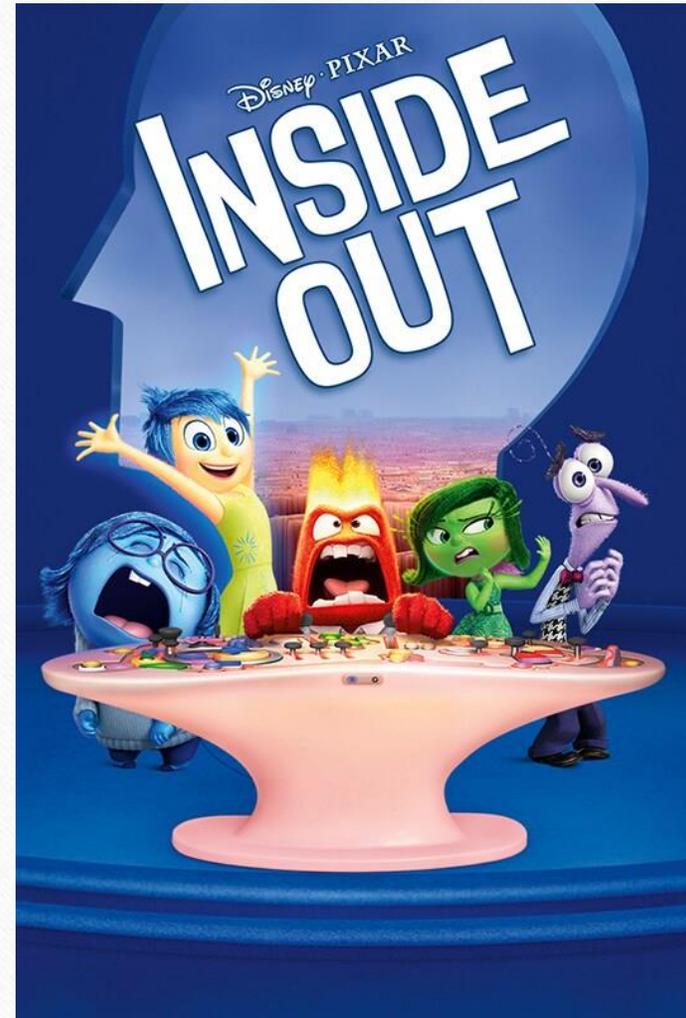




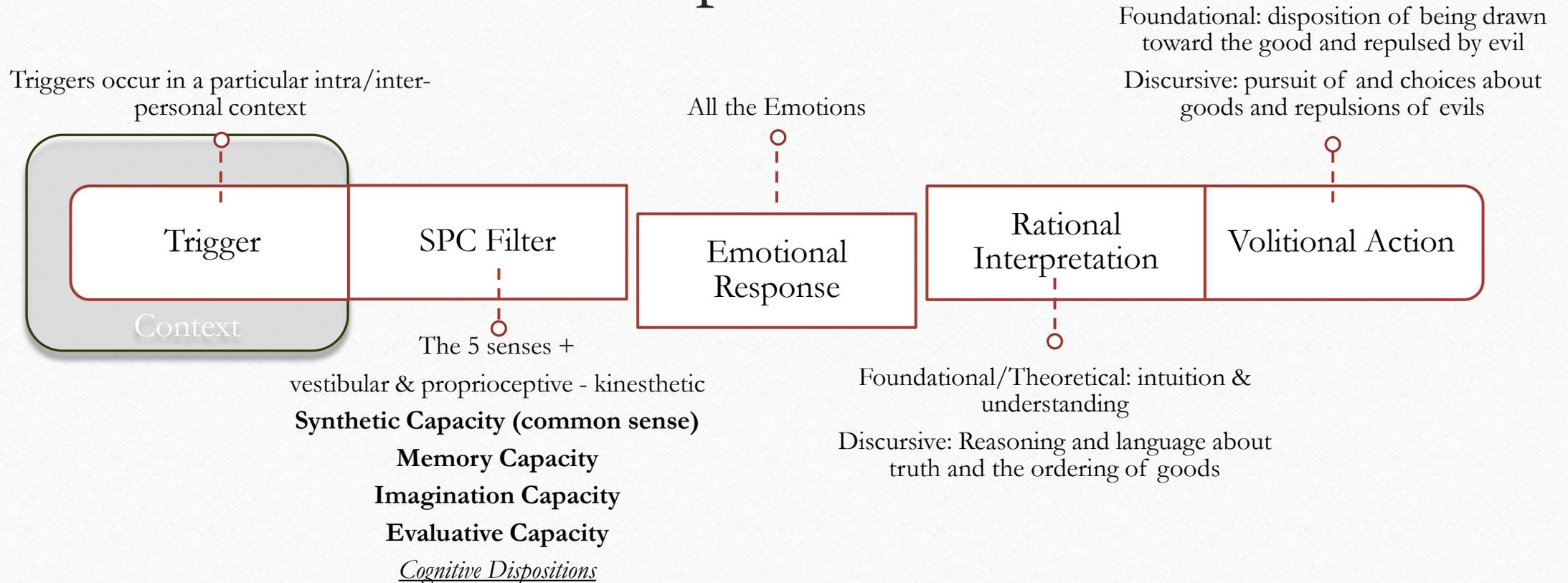




Cultural Adaptation



Emotional Response in the Context Of Human Experience



Trigger



- Triggers occur in a particular intra-interpersonal context
- Examples

SPC Filter

Sensory-Perceptual-Cognitive (SPC)

- Sense
 - Hearing, Sight, Smell, Touch, Taste
 - Vestibular-Proprioceptive-Kinesthetic
- Perception
 - Synthetic Capacity
 - Evaluative Capacity
 - Memory
 - Imagination
- Cognitive
 - Cognitive Disposition

Emotion



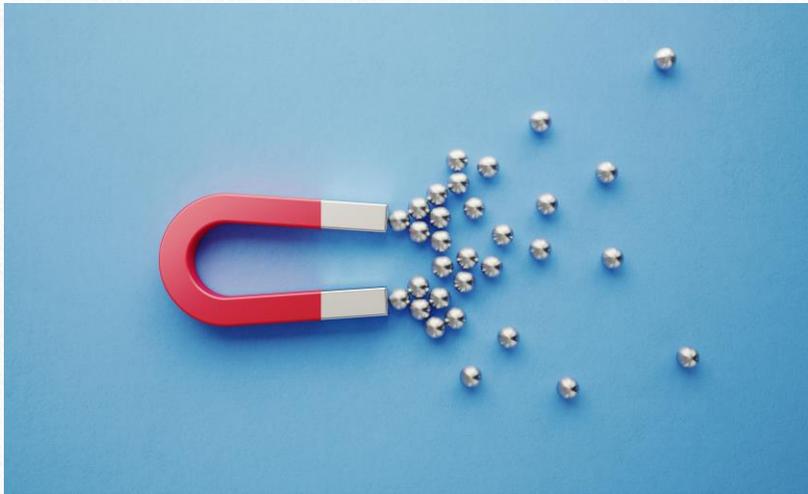
- Involuntary synthetic intuitive capacity

Rational Interpretation



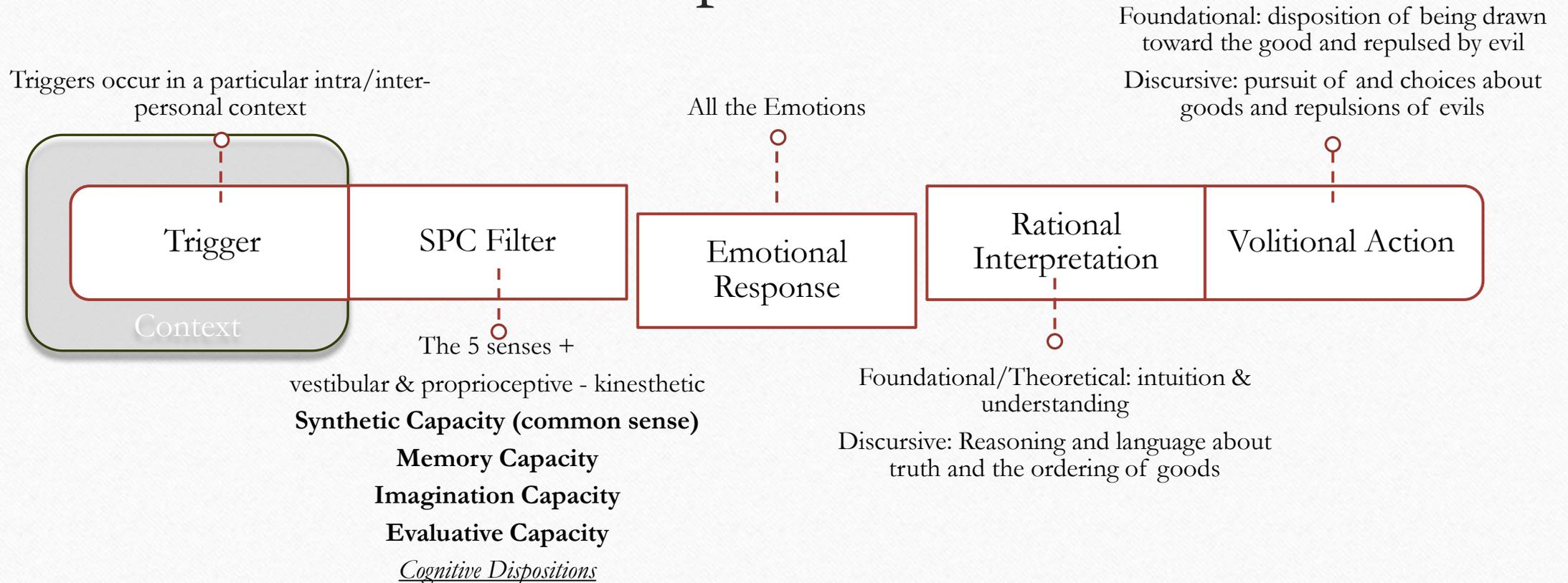
- Foundational / Theoretical
 - Intuition & Understanding
- Discursive
 - Reasoning and Language about truth and the ordering of goods

Volitional Action



- Foundational
 - disposition of being drawn toward good and repulsed by bad
- Discursive
 - pursuit of and choices about good and repulsion of bad

Emotional Response in the Context Of Human Experience

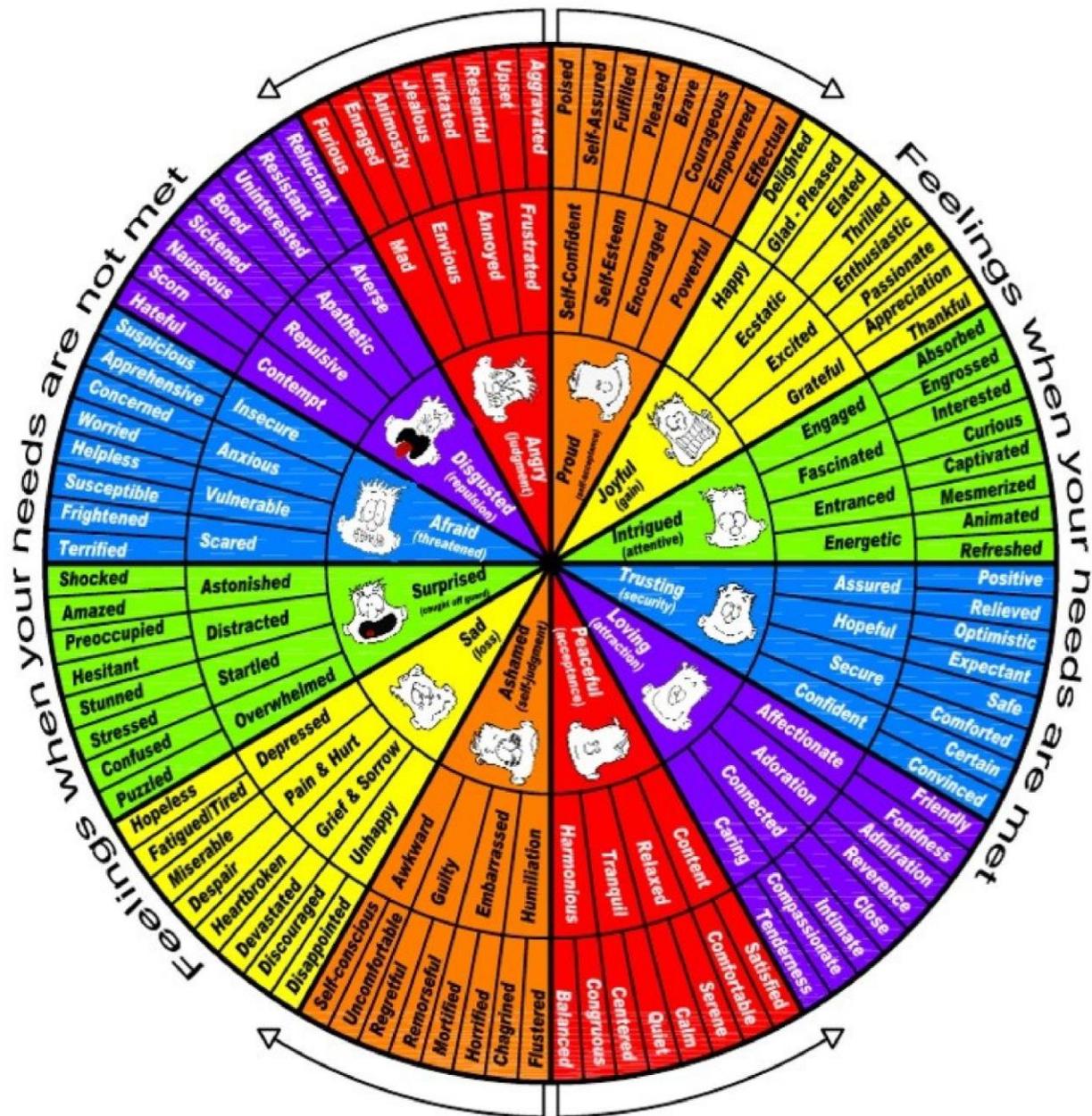


“The past is never dead. It isn’t
even past.”

-William Faulkner



Feelings Wheel





Comments, Questions, Thoughts, Emotional Outbursts?
