

FOUNDATIONS DAY EIGHTEEN ASSIGNMENT

PART I

Of all the emotions you can think of, pick your favorite: _____

Describe the most recent experience/event that was accompanied by this emotion:

Were there others involved in this experience?

Yes No

Who are they?

At the time, did the experience/event bring forth the emotion or did your reaction to the event cause the emotion? Explain in some detail:

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PART II

Now describe a recent experience/event that you did not like, prefer or appreciate.

Were there others involved in this experience?

Yes No

Who are they?

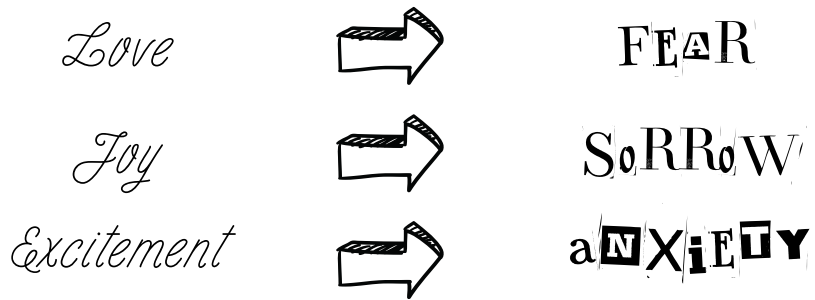
Name the most prominent emotion you felt?

Would you call this a positive or a negative emotion?

At the time, did the experience/event bring forth the emotion or did your reaction to the event cause the emotion? Explain in some detail:

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Imagine that all emotions exist on a line of polarity. At one end is a “positive” emotion and at the other end is a corresponding “negative” emotion. For instance:



Now take the emotion you listed in Part One and find the corresponding opposite

Emotion you felt

Corresponding emotion

Now take the emotion you listed in Part Two and find the corresponding opposite

Emotion you felt

Corresponding emotion