









Emotion, Thought and Action

	Objective: To develop the ability to link one's emotions with thoughts and actions.
	Time Requirements: a. Preparation: 0-5 Minutes b. Activity: 5-10 Minutes
	Items: a. Emotion, Thought and Action: Handout
	Learning Outcomes: a. An enhanced ability to see how emotions, thoughts (cognition) and action (behaviours) are interrelated (EI Subskill 1: Understanding Own Emotions)
	Key Learning Point: Emotions influence both our thoughts and actions.
Self-Disclosure: ***	
Difficulty: Basic	

Instructions

- Ask participants to recall a time they felt strong emotions, and to pay particular attention to their thoughts and actions during that particular incident. You can ask participants to think about their emotional experiences together with questions such as:
 - Did your thoughts influence your emotions? Or did your emotions influence your thoughts?
 - How about your actions? Did your emotions influence your actions? Or, did you start feeling certain emotions after behaving in a certain way?
- Distribute the Emotion, Thought and Action Handout to participants. Ask participants to recall that same emotional experience and to complete the diagram listing their
- After 10 minutes, ask participants which section they completed first – be it the 'emotion', 'thought' or 'action' section. If they completed the 'emotion' section first, ask them why. Similarly, ask participants who completed the 'thought' section first about their experiences. You can use the additional 5 minutes for this activity to tell participants that how we think about a certain event or issue does also influence our emotions.

	Reflection Questions: a. How do you think emotions arise? Do you think of something first, then feel certain emotions, or do emotions influence your thoughts? b. How about actions? Are they a result or consequence of your emotions?
	Further Reading and References: a. Izard, C. E. (2010). The many meanings/aspects of emotion: Definitions, functions, activation, and regulation. <i>Emotion Review</i> , 2(4), 363-370. doi: 10.1177/1754073910374661.
	Note: a. This exercise helps participants see how emotion is very much intertwined with thought and action. You can also discuss with participants that emotion researchers have tried to establish the 'sequence' by which emotion, thought and action occur.