

Atlas of Emotion

Explore the language of emotion

The first step towards emotional awareness is learning to identify and describe how you are feeling and why. [Eckman's Atlas of Emotion](#) is an interactive tool that is designed to build your emotional vocabulary and illuminate your emotional world

How to facilitate the exercise

Time: 30 minutes, depending on group size

Preparation:

Familiarise yourself with the Atlas of Emotion by visiting the site and exploring the various functionalities. You will need to have this site open and visible for the duration of the session.

Facilitation

1. Ensure that the Atlas of Emotion is visible, either via a projector or shared screen.
2. Have the group sit in a circle if in person.
3. Click on "experience" on the top of the site, or alternatively follow this link.
4. Ask the team to take turns sharing an emotion that they have experienced recently and the intensity of it.
5. Start things off by selecting an emotion for yourself. So for example, click on "Anger" and then select the intensity of the anger you have experienced, such as "Frustration". read the definition of "Frustration" to see if that resonates with you. Reflect on how many variations there are of "Anger".
6. Nominate who you would like to go next.
7. If you are having trouble getting the team to open up try asking the following questions:
 - a. Which primary emotion have you felt recently at work?
 - b. Which word best describes your experience of that primary emotion (e.g. the intensity)?
 - c. How did you express this emotion in your work context?
 - d. Describe what you feel knowing there is such a wide variety of emotion and nuance in intensity.