

Emotional Intelligence Exercise: Increase Your Self-Awareness

Purpose

Knowing how we feel is part of our self-awareness. The more we are aware of our feelings, the better we can control our behaviours and understand those of others. This exercise helps individuals to become more aware of their emotions and learn to describe them. It also encourages them to think of ways to get to a target emotion, such as happiness.

Objective

Indicate how you feel now and find out as many emotions as you can.

What You Need

- Blank 3" by 5" cards.

Setup

PART 1:

- Run this exercise after a break as you are about to start a session.
- When the delegates come in, ask them "How do you feel?". Invariably, most people would say they are fine.
- Once everyone is seated, explain that you just asked everyone if they were fine. Ask, "Why do we almost always say we are fine, even though when we are not?"
- Expand the conversation based on the responses you get. Use the following as example questions:
 - "Do you find it easy to talk about your feelings?"
 - "What makes it hard to talk about your feelings?"
 - "Can you consciously shift your feelings from one to another?"

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PART 2:

- Explain that it is beneficial to know the range of feeling a person can experience so you are aware of how else you can feel and how others might be feeling at any given moment. You can then take steps to change the way you feel.
- Place the blank cards as a stack for everyone to access.
- Ask all delegates to work together to identify as many emotions as they can and write one emotion on each card.
- Ask delegates to spread these cards on a table so everyone can see them. This helps them to avoid making duplicates.
- Encourage them to move around the table and get inspired by emotions already written down to find more emotions.
- Allocate about 10 minutes for this part.

PART 3:

- Collect the cards and place them upside down on the table, either as a stack or spread them out.
- Ask each delegate to pick two cards at random.
- One by one, ask delegate to reveal their cards and explain what it takes to get from one state to another. If they are negative emotions, what does it take to get to a positive state?
- After the explanation, encourage others to join and provide their answers as well.
- Repeat until everyone has participated.
- Follow with a discussion.

Timing

Explaining the Exercise: 0 minutes

Activity: 10 min PART 1 + 10 min PART 2 + 15 min PART 3 = 35 minutes

Group Feedback: 10 minutes

Discussion

Do you think you came up with many emotions? Was it easy? Are you surprised there are so many emotions? Was it easy to switch from one emotion to another?

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List of Emotions

Here are some examples of emotions for your reference:

aggressive	depressed	helpless
angry	disgust	hot
anticipation	disappointment	hurt
awe	down	hysterical
bad	dread	important
boiling	embarrassed	impressed
bold	energy	indifferent
brave	enthusiastic	invisible
calm	excited	itchy
careful	fine	joy
chicken	flattered	joyful
clumsy	free	kind
cold	frightened	lazy
comfortable	fury	like an idiot
contempt	glad	love
content	good	mad
cowardly	great	mean
crazy	hateful	miserable
curious	happy	nauseated
dejected	helpful	needed

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nice	shocked	thin
nuts	shy	tired
overjoyed	sick	trust
optimistic	silly	unhappy
poor	sleepy	unimportant
proud	sly	unprotected
put-down	smart	upset
puzzled	sorry	warm
rage	strong	weak
remorse	stupid	wealthy
rich	surprised	weird
sad	submission	well
safe	terrible	
scared	thankful	