Title: **Emotional Communication**

Exercise Code:

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| Modules: | Group size: | Duration: |
| 8. Situational Awareness | Large group | 10 min |

# Purpose: get to know your own emotions

# Description: There are no right or wrong emotions. Every emotion is a signal that our body gives us to help us and act more quickly and effectively to a given input. For example, if we did not have the emotion of fear most likely we would have died at an early age fallen from a window or under a car. But sometimes it seems that our emotions are our enemies and make us adopt destructive behaviours, such as anger against a person, or the fear of facing an important situation. To effectively manage our emotions is first necessary to know that emotions.

# Material: the attached table (one copy per participant)

# Methods: The exercise is done in the following way:

# the trainer chooses one of the participants and invites him/her to get in front of the rest of the group;

# respecting the following order with the attached table he/she will tell 6 short episodes (maximum 6 minutes) in which he/she have tried:

# Sadness

# Anger

# Scare

# Tenderness

# Excitement

# Happiness

# the speaker will try to be as consistent as possible with the emotion transmitted, trying to amplify it;

# the trainer will monitor scheduled time (up to a minute for single emotion);

# after that the speaker will tell how his/her emotion was helpful in this particular situation;

# In turn, all participants will play the role of speaker.

# Advice for Trainer:

# Source/Literature:

# Handouts: