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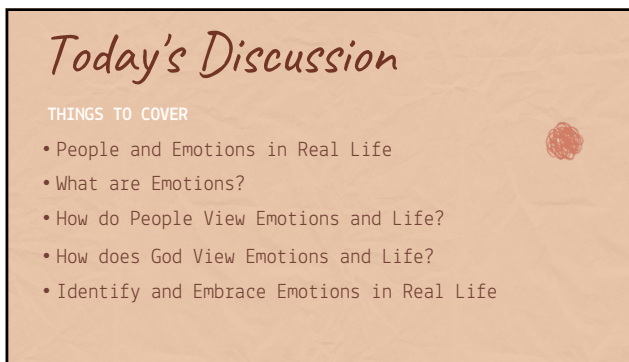
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## Emoji & Emotions

Does the emoji you pick represent your current and the most authentic emotion?

How often does that emoji come out in your life?



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## "Good Face" ?

"DON'T CRY"  
 "BE HAPPY"  
 "WIPE AWAY YOUR  
 TEAR"  
 "SMILE MORE"  
 "DON'T WORRY"

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# I AM FINE REALLY?

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## Masking - Slang

SEEMING happy when you really aren't, you've just pushed all feelings away



Definition from Urban Dictionary

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## Emotions

A COMPLEX REACTION PATTERN, INVOLVING EXPERIENTIAL, BEHAVIORAL, AND PHYSIOLOGICAL ELEMENTS, BY WHICH AN INDIVIDUAL ATTEMPT TO DEAL WITH A PERSONALLY SIGNIFICANT MATTER OR EVENT. THE SPECIFIC QUALITY OF THE EMOTION (E.G., FEAR, SHAME) IS DETERMINED BY THE SPECIFIC SIGNIFICANCE OF THE EVENT. EMOTION TYPICALLY INVOLVES FEELING BUT DIFFERS FROM FEELING IN HAVING AN OVERT OR IMPLICIT ENGAGEMENT WITH THE WORLD.

DEFINITION FROM AMERICAN PSYCHOLOGICAL ASSOCIATION

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## Primary & Secondary Emotions

**PRIMARY EMOTIONS:** Initial reactions and first emotion when you feel at the event or incident. It is inevitable and unavoidable. The primary emotions usually come out when your brain has not had enough time to process.



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### Identify Emotions

PRIMARY EMOTION	
	JOYFUL
	SAD
	ANGRY
	AFRAID
	LONELY
	INSECURE
	EXCITED

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### Primary & Secondary Emotions

**SECONDARY EMOTIONS:**  
 When your brain tries to process and reason the primary emotions, then the secondary emotions will appear. Secondary emotions are good for us to explore and discover ourselves on a deeper level.

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### Identify Emotions

SECONDARY EMOTION	
	GUILT
	SHAME
	DEPRESSION
	UNWANTED
	SATISFACTION
	PEACE

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*Example*

PRIMARY EMOTIONS: LEFT OUT, ANGRY  
SECONDARY EMOTION: UNWANTED, NEGLECTED

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 *Layers Behind Emotions*

LEARNING THE EMOTIONS

Sometimes, emotions provide information for us to explain how the incident or scenario means to us. The emotions may trigger our past experiences regardless of negative or positive.

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*Be True To Yourself*




HIDING VS FACING  
SOME EMOTIONS ARE HARD TO FACE, BUT WE HAVE TO ACKNOWLEDGE THEM. THOSE EMOTIONS ARE REPRESENTING OURSELVES.

TRUE VS NOT TRUE  
THERE IS NOT RIGHT OR WRONG EMOTIONS, BUT THERE IS TRUE OR NOT TRUE EMOTIONS.

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## *Be True To Yourself*

EMOTIONS ARE SIGNALS

EMOTIONS GIVE YOURSELF AND PEOPLE SURROUND YOU SIGNALS OF  
WHAT IS HAPPENING INSIDE OF YOU.

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## *Pick An Emoji*

What is the secondary  
emotion base on the emoji  
that you picked?



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## *Emotion-Focused Therapy* (EFT)

EFT is usually a short-term treatment. It is based on the  
concept that emotions are not the only factor in our lives,  
but it is the key to who we are. The theory behind EFT is  
that humans are constructed based on emotions.

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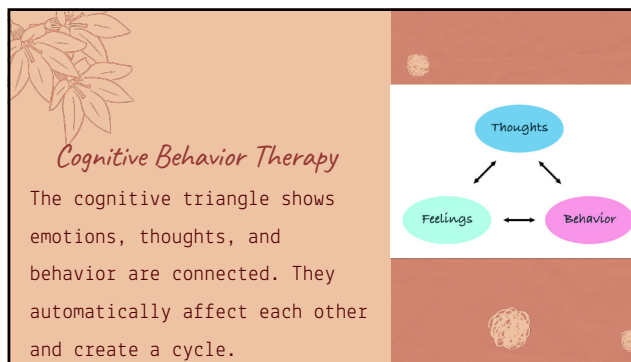
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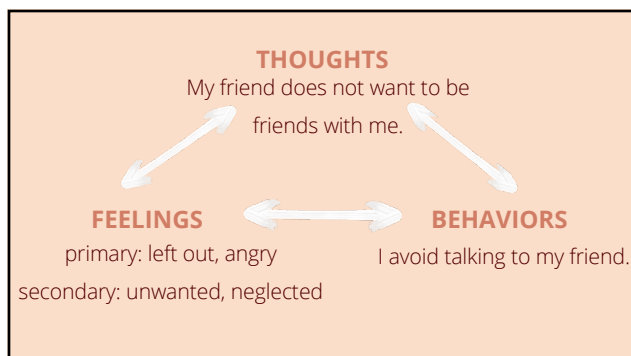
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### Challenge & Change



- Bring both primary and secondary emotions together
- Acknowledge your emotions
- Challenge your thought if it is valid and true
- Adjust the thought in a reasonable approach
- Emotions and behaviors will change accordingly



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### Steps to explore emotions:

- Pause and take a moment to do relaxation exercises like breathing.
- Allow yourself to feel the primary emotions.
- Identify and discover the secondary emotions so that you can separate the primary and secondary emotions.
- Keep track of your emotions to find the pattern.  
e.g. What is the trigger? Why do I feel this way?
- Discover the experience and memory.



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### Time

Change takes time, but the first step of changing is acknowledging your emotions.

If you feel like you do not know what to do and feel stuck in the emotions. You may consider seeking help from a specialist and can reach out to a therapist or counselor. This will provide you with a safe environment to explore your emotions with related treatments to help you to change and regulate.

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## God & Emotions

God gives humans emotions. Emotions are gifts from God, so why do we need to hide or avoid them? God wants us to embrace and sit with our emotions. He never told us to escape.



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## Scripture About Emotions

"Grieve, mourn and wail. Change your laughter to mourning and your joy to gloom. Humble yourselves before the Lord, and he will lift you up"  
(James 4:9-10).

"Rejoice with those who rejoice; mourn with those who mourn" (Romans 12:15).

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## Application

- Pay attention to the primary and secondary emotions.
- Accept the true emotions - pause and feel it.
- Emotions are part of our life and it affects our thoughts and behaviors.
- God has emotions, and so He let humans and Jesus to experience different emotions.



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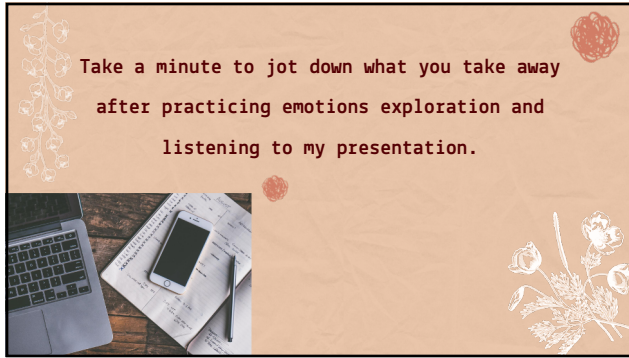
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Take a minute to jot down what you take away  
after practicing emotions exploration and  
listening to my presentation.

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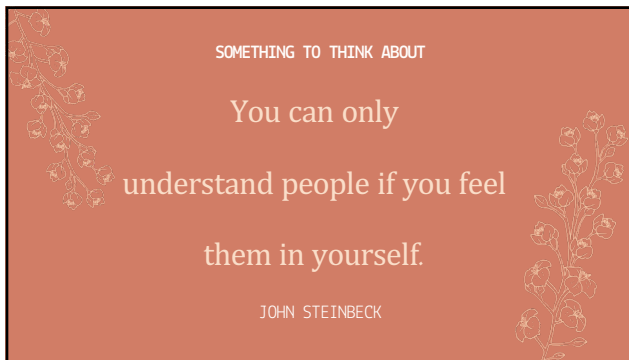
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SOMETHING TO THINK ABOUT

You can only  
understand people if you feel  
them in yourself.

JOHN STEINBECK

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