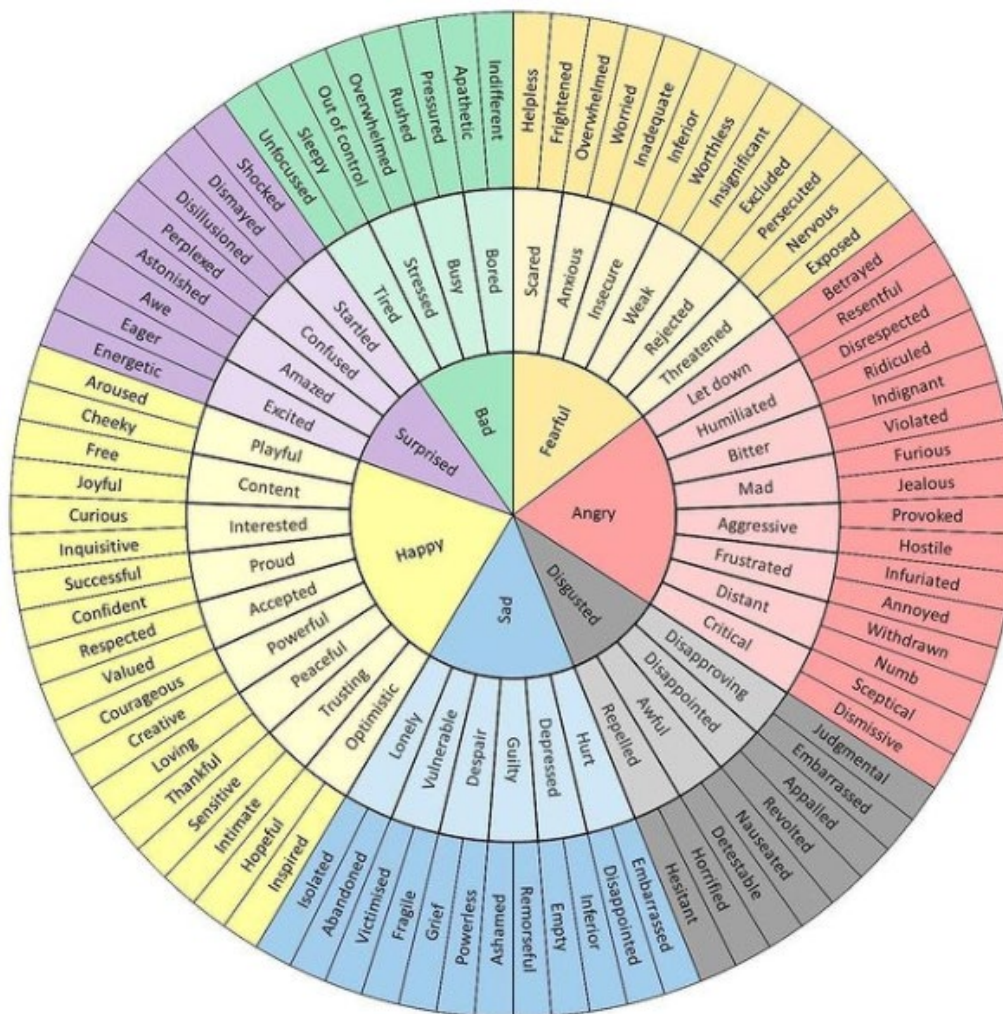


Introduction:

This lesson asks you to reflect on your emotions and practice managing them during interactions that may be tense or uncomfortable. You can choose either to talk with a family member or close friend with whom they disagree on a deeply held value/belief or to attend an event in which your social identity is minoritized. Either way, you will reflect on your emotions before, during, and after the conversation/event and consider how you might more strategically manage your emotions for future difficult encounters.

Activity Instructions:

1. Choose from one of the two following options:
 - *Dialogue-based*: Find a family member or close friend (someone who you know or trust) with whom you disagree on a deeply held value/belief (for example, a contentious moment in family history, differing political or religious beliefs, etc.). Set up a time where you can talk together and have a dialogue about the issue on which you disagree (can be either virtual or in-person). *Note*: If the other person doesn't feel comfortable discussing this with you, don't push it. Also, if you aren't comfortable yourself, you don't have to take that risk.
 - *Physically-based*: Attend an event or put yourself in a space in which a key facet of your social identity is minoritized in some way. *Note*: Make sure you are welcome in that space and that others won't feel unsafe or uncomfortable in your presence. For example, a White student would more likely be welcome at an art gallery opening at a Black cultural center than at a networking event geared towards Black students or professionals, and a woman student would more likely be welcome at a Sunday worship service than at a men's prayer group meeting at a Christian church. Also keep in mind that "welcome" is dependent on context and your behavior. You might need someone to invite you, and/or you might also need to prove that you are aware of expected behaviors and will adhere to them in a specific space. If you choose this option, you may want to consult with your instructor to identify appropriate events.



2. Before you enter into this dialogue or attend this event, use the adapted version of Plutchik's (1980) Wheel of Emotions (above) and the questions below to reflect and prepare yourself:

- How do you feel going into this conversation or event? What emotions from the emotion wheel do you identify with right now? It's normal to feel a whole bunch of emotions -- even conflicting ones -- at the same time.
- Why do you think you are feeling these emotions? What is causing you to react this way?
- What previous experiences have you had that may be shaping your expectations?
- What are some techniques that you might plan to use to manage your emotions during the dialogue or event?
 - For example: engaging in a mood booster like listening to uplifting music or going for walk just beforehand, stepping back and thinking what you would say to a friend in this situation so as to reframe your thoughts before going into the experience, paying attention to how you're feeling in response to what others are saying during the experience, considering the effects of expressing a particular emotion, staying aware of other's emotions, exploring assumptions you might be

making going into the dialogue or event, analyzing why you're emotionally reacting the way that you are

3. After the experience, use the Wheel of Emotions and the questions below to reflect on it.

Note: Your instructor may ask you to share your reflection as an essay, video, slideshow, etc.:

- How did you actually feel during the dialogue or event? Did it match up with what you expected to feel?
- What went well and maybe not so well in terms of managing your emotions? Which techniques were most effective for you?
- How do you think others involved in the interaction experienced your emotions? What tells you this was their experience?
- What do you need to do to work on your emotional management in unfamiliar or uncomfortable cultural territory?
- What's the next situation or place where you can practice?
- Is there a different strategy that you'd like to try? Or is there a different strategy that might work better?

Note: You're encouraged to repeat steps 2 and 3 if you wish to keep working on this challenge.