

WHAT REFLECTIONS DID YOU HAVE ON THIS PICTURE?



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AFFECT THEORY

SILVAN TOMPKINS

POSITIVE

ENJOYMENT
- JOY

INTEREST
- EXCITEMENT

NEUTRAL

SURPRISE-
STARTLE

SHAME-
HUMILIATION

DISTRESS-
ANGUISH

NEGATIVE

DISGUST

DISMELL ANGER-RAGE

FEAR-TERROR

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ANXIETY PRESENTS AS MANY THINGS...



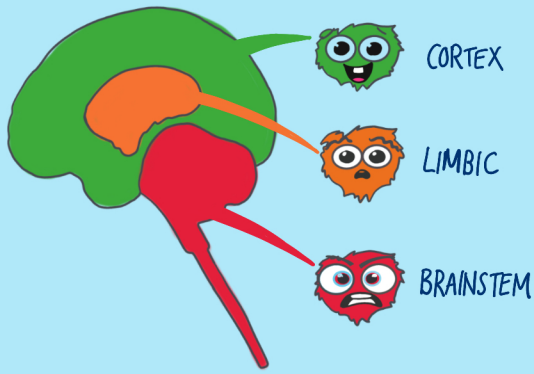
Affective statements are a form of non-violent communication that we use in restorative practice

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AFFECTIVE STATEMENTS VIDEO

THOUGHTS AND IDEAS

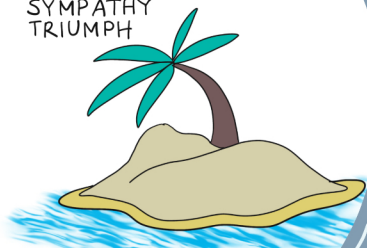
ROADMAP FOR MODULE: EMOTIONS



WHAT PART OF YOUR BRAIN IS ONLINE?

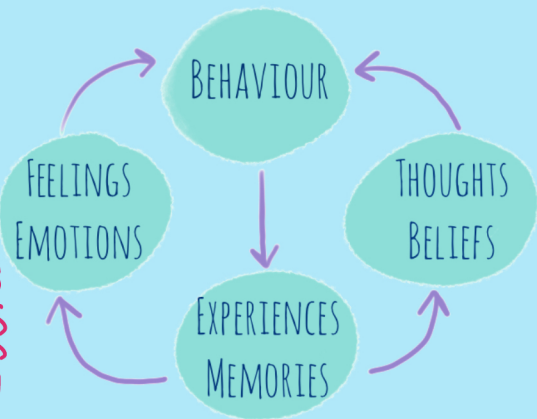
ADMIRATION
ADORATION
AESTHETIC APPRECIATION
AMUSEMENT
ANXIETY
AWE
AWKWARDNESS
BOREDOM
CALMNESS
CONFUSION
CRAVING
DISGUST
EMPATHETIC PAIN
ENTRANCEMENT

ENVY
EXCITEMENT
FEAR
HORROR
INTEREST
JOY
NOSTALGIA
ROMANCE
SADNESS
SATISFACTION
SEXUAL DESIRE
SYMPATHY
TRIUMPH



What emotions do you resonate with most?

EMOTIONS TRIGGER BEHAVIOUR



What 3 things did you pick up from the video?

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-
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BE CURIOUS, BE KIND

sometimes our inner emotions are not reflected in what we show on the outside

