PERCEIVE TASK SCORES: FACES

About this Task: Do you "read" people accurately?

- You are asked to indicate how likely it is that each emotion listed is present in that photograph
- Measures your ability to accurately identify how people feel based upon facial expression alone

Basis for Task

- Social communications requires accurate perception of content, as well as tone and non-verbal signals such as posture and facial expression.
- It measures a person's ability to decode emotion when only facial expression information is available. It is a very basic-level process.

No Happiness 1 2 3 4 5 **Extreme Happiness**

No Fear 1 2 3 4 5 **Extreme Fear**

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PERCEIVE TASK SCORES: PICTURES

About this Task:

- Environment can be safe or dangerous

- The ability to correctly identify emotions in others is related to the ability to identify emotion in objects and environments.

Basis for this Task:

- Most people are aware that different texture, colors and designs moves us in different ways

- Visual information is critical to our survival

- See detailed info in "Client Feedback Guide" document

	1	**2**	**3**	**4**	**5**
1. Happines					
2. Sadness					

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USE TASK SCORES: FACILITATION

What mood(s) might be helpful to feel when meeting your future in-laws for the very first time?

	Not Useful				Useful
a. Slight tension	1	2	3	4	5
b. Surprise	1	2	3	4	5
c. Joy	1	2	3	4	5

About this Task

- How people feel influences how they think and make decisions.

- Measures your ability to determine how different feelings impact thinking and decision making.

Basis for Task

- Research on how emotions influence perception and judgment.

- People in different moods see and decide in part based upon that mood.

- Emotion and thought are intertwined, and decision making does not, and cannot, occur in the absence of emotion.

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USE TASK SCORES: SENSATIONS

Imagine feeling surprised because you got a birthday present that was unexpected and one you really love. How much is this feeling like each of the following?

	Not Alike				Much Alike
a. **cold**	1	2	3	4	5
b. **blue**	1	2	3	4	5
c. **sweet**	1	2	3	4	5

About this Task:

- You are being asked to identify or describe the direction and degree of your feelings, using the continuum provided.
- One of the best ways to describe your internal feelings is to compare them to other sensations.

Basis for Task:

- This task is related to the ability to feel what others feel.
- If you are able to generate an emotion, you should also be able to generate some of the same physiological reactions.

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UNDERSTAND TASK SCORES: CHANGES

Tom felt anxious and became a bit stressed when he thought about all the work he needed to do. When his supervisor brought him an additional project, he felt:

a. overwhelmed

b. depressed

c. ashamed

d. self-conscious

e. jittery

About this Task:

- This section measures your ability to understand how emotions change and alter over time.
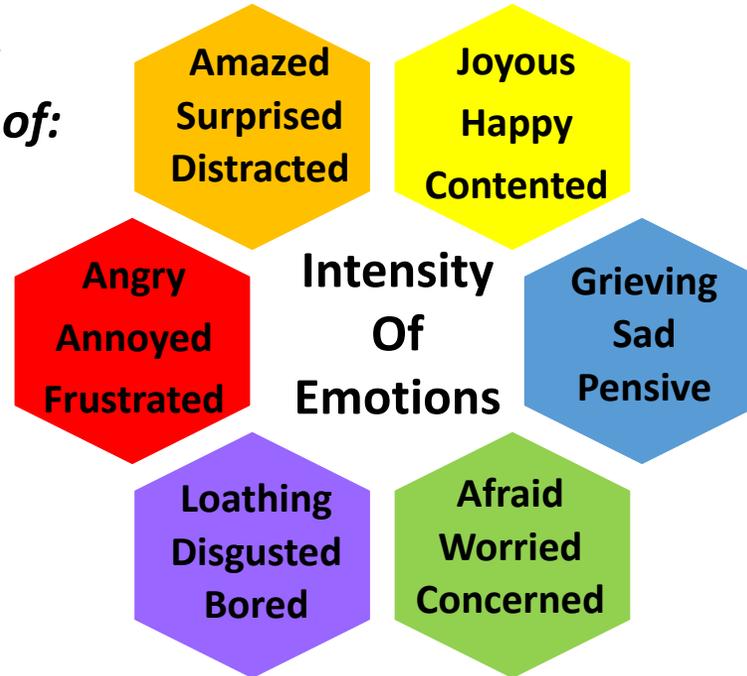
Basis for Task:

- Emotions arise from certain causes, and they develop and change in a set way.

- This task measures your knowledge of emotions and how they change and develop.

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A feeling of contempt most closely combines emotions of:

a. surprise and anger

b. anger and fear

c. anxiety and fear

d. disgust and anger

e. hatred and guilt

Amazed Surprised Distracted

Joyous Happy Contented

Intensity Of Emotions

Angry Annoyed Frustrated

Grieving Sad Pensive

Loathing Disgusted Bored

Afraid Worried Concerned

About this Task

- Emotions are data and labeling the emotion helps to understand people better and get better and more precise data.

- It helps to differentiate feelings to communicate more effectively – e.g., do you dislike someone or really "hate" them?

Basis for Task

- Just as emotions follow a set of moves, there are simple and complex emotions.

PERCEIVE USE UNDERSTAND MANAGE

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Debbie just came back from vacation. She was feeling peaceful and content. How well would each action preserve her mood?

Action 1: She started to make a list of things at home that she needed to do.

Action 2: She began thinking about where and when she go on her next vacation.

Action 3: She decided it was best ignore the feeling since it wouldn't last anyway.

a) Very ineffective   **b) Somewhat Ineffective**   **c) Neutral**
d) Somewhat effective   **e) Very effective**

About this Task

- There are different ways to cope with situations. Some strategies are more effective than others.

- This task measures a person's ability to **Basis for Task:** emotional strategies.

Basis for Task:

- There is a good deal of research on emotion management and regulation. Some actions, while common or popular, simply don't work that well.

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MANAGE TASK SCORES: EMOTIONAL RELATIONS

Ken and Andy have been good friends for over 10 years. Recently however, Andy was promoted and became Ken's manager. Ken felt that the new promotion had changed Andy in that Andy had become very bossy to him. How effective would Ken be in maintaining a good relationship, if he chose to respond in each of the following ways?

Response 1: Ken tried to understand Andy's new role and tried to adjust to the changes in their interactions.

Response 2: Ken approached Andy and confronted him regarding the change in his behavior.

a) Very ineffective   **b) Somewhat Ineffective   c) Neutral**
d) Somewhat effective   e) Very effective

About this Task

- Emotional Relations tests your ability to get to a certain emotional outcome in social situations.

Basis for Task

- There are better and worse ways to handle other people.

- We have a good knowledge base of what is effective in determining certain outcomes, and what doesn't work that well.

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