

How Are You MEMEing?

An Emotion Chart to Express How You Feel

Family Guide

What is it?

The purpose of this emotion chart activity is to help identify how you have been feeling and create space for meaningful conversations about emotions.[1] The *How are you MEMEing? Emotion Chart* allows its users to mindfully check in with themselves internally, as well as how their emotions are being reflected outward towards others. Many people may find it difficult to express their emotions beyond "good" or "fine", especially in cultures where downplaying or dismissing feelings is treated as normal. The chart pairs identifiable emotions with memes, or humorous internet images from popular culture, because learning how to talk about emotions can create the gateway to improving mental health.

Importance



Successfully identifying emotions allows you to:

- Increase emotional vocabulary, insight, and awareness.[2,3]
- Enhance ability to discuss emotional experiences.[1]
- Strengthen the provider-client relationships.[1]

Characteristics

- Openness: This shared tool can be used to support emotional awareness and build trust.[4]
- Self-Expression: Promotes participation and reflection to encourage taking an active role in labeling, identifying, and communicating emotions.[5]
- Relationship Building: This activity strengthens the provider-family relationship to reduce misunderstandings, encourage supportive communication, and deepen relationships.

Questions to Ask

- What emotion are you feeling today?
- Based on the emotion chart, what's the most blue or yellow emotion you've felt recently?
- How do you share your feelings with others?

References

[How are you MEMEing?]

1. Jespersen, J. E., Hardy, N. R., & Morris, A. S. (2021). Parent and peer emotion responsivity styles: An extension of Gottman's emotion socialization parenting typologies. *Children, 8*(5), 319. https://doi.org/10.3390/children8050319

2. Kashdan, T. B., Barrett, L. F., & McKnight, P. E. (2015). Unpacking emotion differentiation. *Current Directions in Psychological Science, 24*(1), 10–16. https://doi.org/10.1177/0963721414550708

3. Liu, D. Y., Gilbert, K. E., & Thompson, R. J. (2020). Emotion differentiation moderates the effects of rumination on depression: A longitudinal study. *Emotion, 20*(7), 1234–1243. https://doi.org/10.1037/emo0000627

4. Shirk, S. R., & Karver, M. (2003). Prediction of treatment outcome from relationship variables in child and adolescent therapy: A meta-analytic review. *Journal of Consulting and Clinical Psychology*, *71*(3), 452–464. https://doi.org/10.1037/0022-006X.71.3.452

5. Kuhlthau, K. A., Bloom, S., Van Cleave, J., Knapp, A. A., Romm, D., Klatka, K., Homer, C. J., Newacheck, P. W., & Perrin, J. M. (2011). Evidence for family-centered care for children with special health care needs: A systematic review. *Academic Pediatrics, 11*(2), 136–143. https://doi.org/10.1016/j.acap.2010.12.014