

## **Journal Prompts: Emotional Contagion**

1. How often do you find yourself "picking up" the emotions of others, both positive and negative?
2. Think of a time when someone's mood or energy significantly impacted your own. What happened?
3. How do you usually respond to someone who is feeling anxious, angry, or sad?
4. What emotions do you find easiest to absorb from others? Why do you think that is?
5. How can you protect yourself from absorbing negative emotions without disconnecting from others?
6. Reflect on a time when you were in a good mood, and your positivity impacted others. How did that feel?
7. When you feel others' emotions influencing your own, what is your first instinct—do you try to help, avoid, or adapt?
8. How do you manage your emotions when you're around people who are stressed or upset?
9. How does emotional contagion impact your relationships at work, at home, or with friends?
10. Do you feel you have control over the emotional energy you bring to a situation? Why or why not?
11. What strategies can you use to avoid letting the emotions of others hijack your own mood?
12. How can you contribute positively to the emotional climate in a group or family setting?
13. How do you process your emotions so they don't unknowingly spread to others in a negative way?
14. When you feel overwhelmed by the emotions around you, how do you center and ground yourself?
15. How can you differentiate between your own feelings and those you've absorbed from others?
16. Have you ever noticed how a specific person's energy or emotions affect you both positively or negatively?
17. How can you maintain your emotional stability when dealing with individuals who frequently experience intense emotions?
18. How can emotional awareness help you improve your responses in emotionally charged situations?
19. What role do empathy and emotional awareness play in emotional contagion?
20. How can you encourage others to regulate their emotional energy when in group settings to promote balance?