

## **Going Deeper: Activity 6.0: Assess Your Emotional Awareness Online with Leland Beaumont**

Leland Beaumont believes emotions are “*beacons, guiding us along a difficult path of survival.*” Your ability to recognize your own happiness as well as the happiness (and unhappiness) of others is an important aspect of your emotional awareness. Recognizing emotions and using this information to enhance interactions with others is a foundational aspect of socioemotional well-being.

### **This Is Important!**

Please take the time to make sure you can recognize the seven emotions. This is a critical aspect of improving emotional intelligence. Your goal is to recognize at least the seven basic emotions in yourself and then on others’ faces, and then to understand what triggers the emotion so you can act accordingly.

Start at Leland Beaumont’s Emotional Competency webpage:

<http://www.emotionalcompetency.com/recognizing.htm>

1. First make sure you recognize the seven basic emotions: fear, sadness, contempt, anger, joy, surprise, and disgust in others’ faces.
2. Next, seek to learn what triggers each emotion.
3. The final step is to become more skilled or emotionally competent at taking actions that constructively affect emotions in yourself and others.
4. Going deeper: Journal or share what you learned.