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Tracking positive and negative emotions

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Tracking positive and negative emotions

Emotions can be said to be those strong feelings which are derived from one's circumstances, moods, or the kind of relationship that exists between one person and the other. They can generally be categorized into three major parts. That is, Positive emotions, Negative emotions or neutral emotions. This article will discuss the two categories of emotions namely positive as well as the Negative emotions. I experienced these two types of emotions during my four days timed period within the week. To make sure that I always remembered a task or an activity, I successfully set my phone alarm to go off during different times of the day.

Tracking period outcome

During my four days period, I successfully managed to record the following data as presented in the table.

	¹ Day 1	Day 2	Day 3	Day 4
Positive emotions	Happiness at the sight of the sunset: 4/4	Excited to go to the symposium 4/4	Hopeful to meet my new friend 3/4	Happy to get in class on time 3/4
Negative emotions	Fear of missing a deadline at work: 3/4	Angry as all the tickets had been given out 4/4	Loneliness since she failed to turn up 3/4	I was very anxious the professor

				might issue an exam 2/4
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Range of experiences

From the tracking results, it is evident that, there were more positive emotions experienced as depicted by the scale. This is especially on the first two days. Also, the second day depicts the highest scale in relation to the negative emotions realized. On the first day, I become very happy on the sight of sunset. I knew my day to report to my new work place was nearing. However, I had the worry of being late to work as I wasn't used to waking up early. In this day, the theme of happiness and fear were manifested. On the second day, there is discovery of also two themes, these are theme of excitement and anger. I was much excited to hear that the awaited symposium had been successfully set. However, I came to realize it very late when all the tickets had been sold out. I became very angry about it. On the third day, a mixture of different emotions was also identified. Hopeful and loneliness themes were also noted. On this day, I was very hopeful to meet my new friend whom we have been talking on the social media for a very long time without a single physical meeting. However, my new friend never showed up as we had agreed. I felt very lonely and wasted. On the last day of self-monitoring, I got to class before other students. I was very happy as this was a great achievement taking to consideration that distance, I used to travel. On the other hand, I was much distorted and anxious as the professor could issues us an exam on this day.

Psychological benefits of positive emotions

Positive emotions are very important for they make it easier for us to handle things. They help in building the resilience that is the emotional resources that are required for coping. They help to cultivate our awareness, allowing us to see more ways to solving the challenges that we encounter (Gavin, 2021). Positive emotions help a person to be more creative. For instance, when I got to learn about the new job opening at school, I developed an outstanding website to help me win the new position. They required a person to display one character that would differentiate you from the rest of the crowd. Positive emotions also not only make a person feel good but it also increases the strength of bond that exist between one person and the other while creating resilience over time. On the first encounter, I successfully secured a friend through social media whom I was very eager to meet one day. Though the friend did not show up, our relationship never broke. We continued to be friends and I have gained more benefits in terms of counselling and mentoring (Fredrickson 2021).

Strategies to help cultivate positive emotions

In the quest to cultivate my positive emotions, I will show much gratitude to everyone around me. Gratitude is one of the single greatest power to impact on a person's life. I understand that when I am grateful, all my fears will disappear and abundance will appear. Secondly, I will make sure I have hunger towards my successes. This is the most important aspect to success in life. I will strive to live this life on my own terms and make decisions and be the best in my fields. Thirdly, I will make sure that I am very passionate in everything that I aspire to do. Passion is very crucial as it will give me the sense of purpose. I will be grateful to always act from passion. Lastly, I will consistently express my unconditional love and warmth to every person. Unconditional love like that we have with my social media platform can melt almost all the negative emotions which I can come in contact with. With this, I will always be gracious rather than be offended (Tony, 2021).

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