



EMOTION REGULATION

Daan & Edzo

EXPERIMENT & REFLECT | ROUND 1

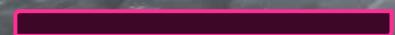


EXPERIMENT & REFLECT | ROUND 2



EMOTION & REGULATION

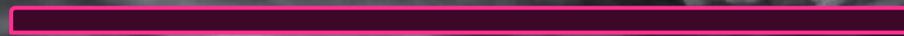
Outcome
Behavior



Thoughts
Feelings



Emotions
Physiology



*Triggering event



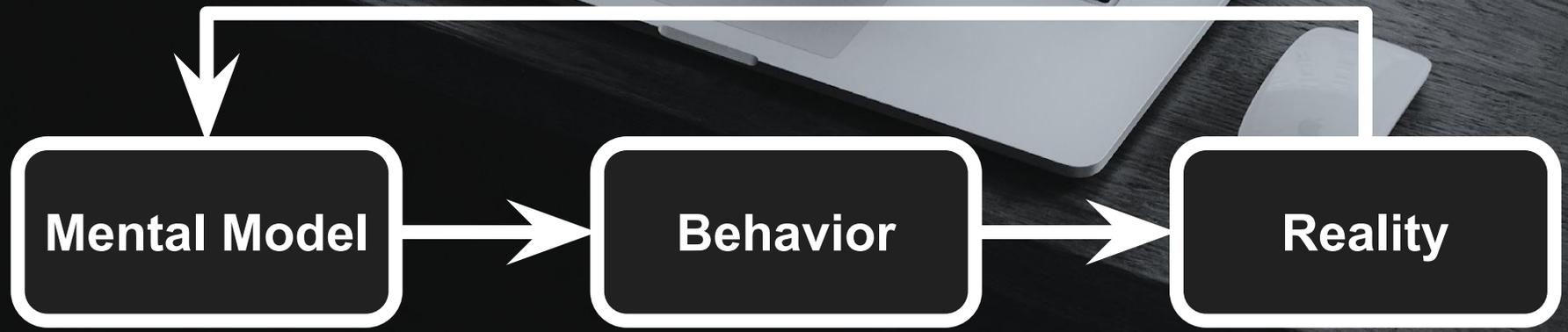
RESILIENCE



Value



EMOTIONAL RESILIENCE



EMOTIONAL LEADERSHIP



EMOTIONAL PROFILE

emotiekompas.scoreapp.com



bitly

INDIFFERENCE
ENVY



Q&A

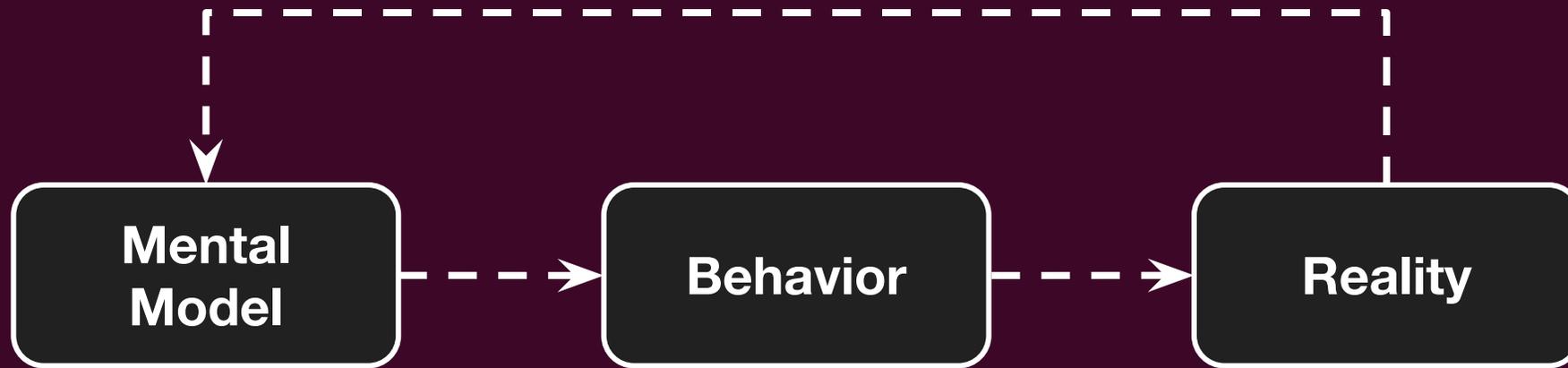
Any Questions?

Google Slides, no login



APPENDIX

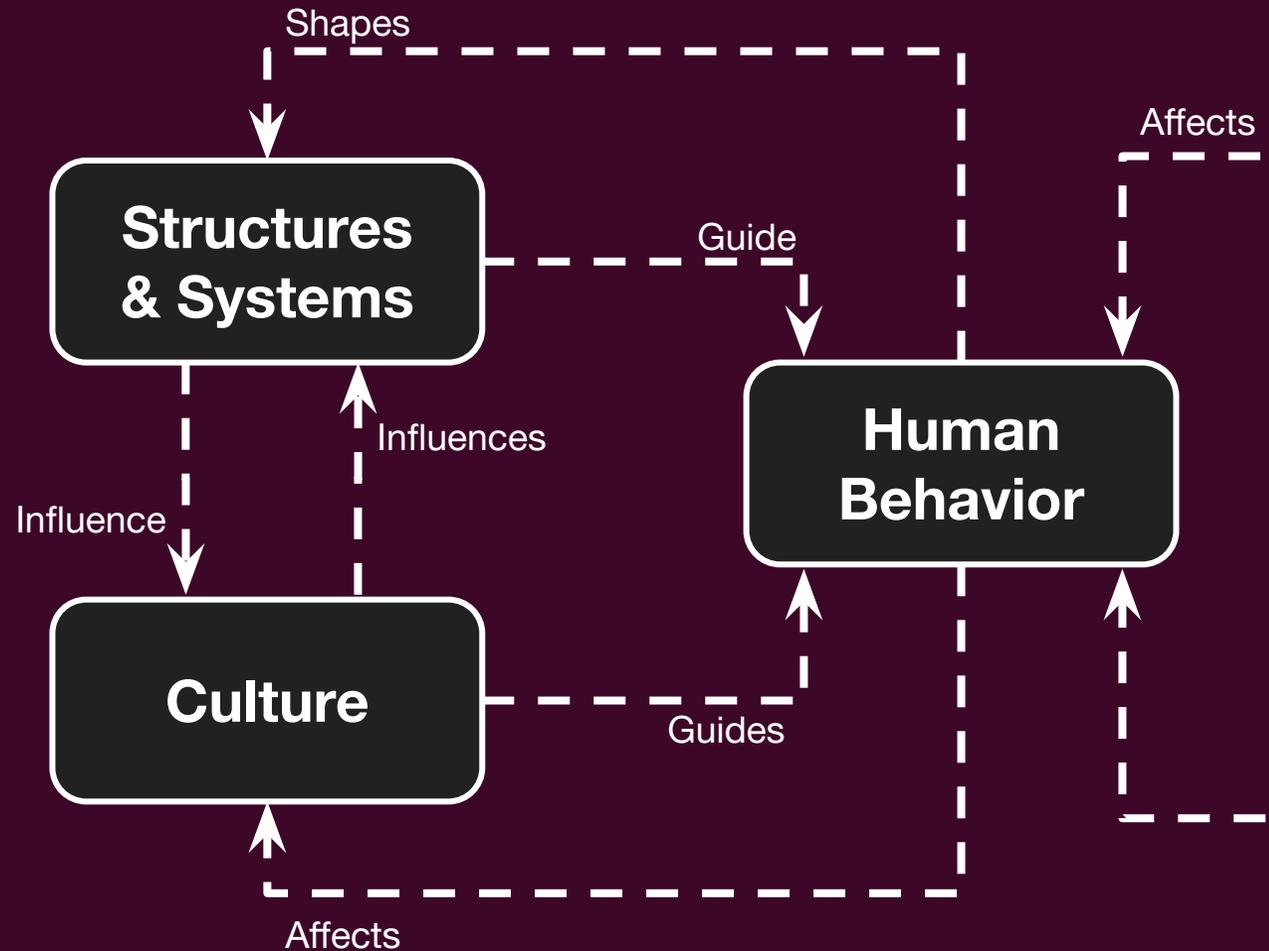
Behavior & Mental Models



1. Senge, P. M. (1990). *The Fifth Discipline: The Art and Practice of the Learning Organisation*. A Currency book. Doubleday/Currency, New York, NY, USA.
2. Hestenes, D. (2010). Modeling theory for math and science education. In *Modeling students' mathematical modeling competencies*, pages 13–41. Springer.
3. https://en.wikipedia.org/wiki/Allegory_of_the_cave
4. <https://plato.stanford.edu/entries/plato-myths>
5. Mack, A. (2003). Inattention blindness: Looking without seeing. *Current directions in psychological science*, 12(5), 180-184. https://scholar.google.com/scholar?hl=en&as_sdt=0%2C5&q=inattentional+blindness&btnG=
6. Jensen, M. S., Yao, R., Street, W. N., & Simons, D. J. (2011). Change blindness and inattention blindness. *Wiley Interdisciplinary Reviews: Cognitive Science*, 2(5), 529-546. https://scholar.google.com/scholar?cluster=15061108287799144011&hl=en&as_sdt=0,5
7. SCHNEIER, B., & MACAULAY, T. (2020). Psychology and Usability. *Security Engineering*, 70-116. <https://sid.ethz.ch/debian/rja14-papers/SEv3-ch3-dec18.pdf>

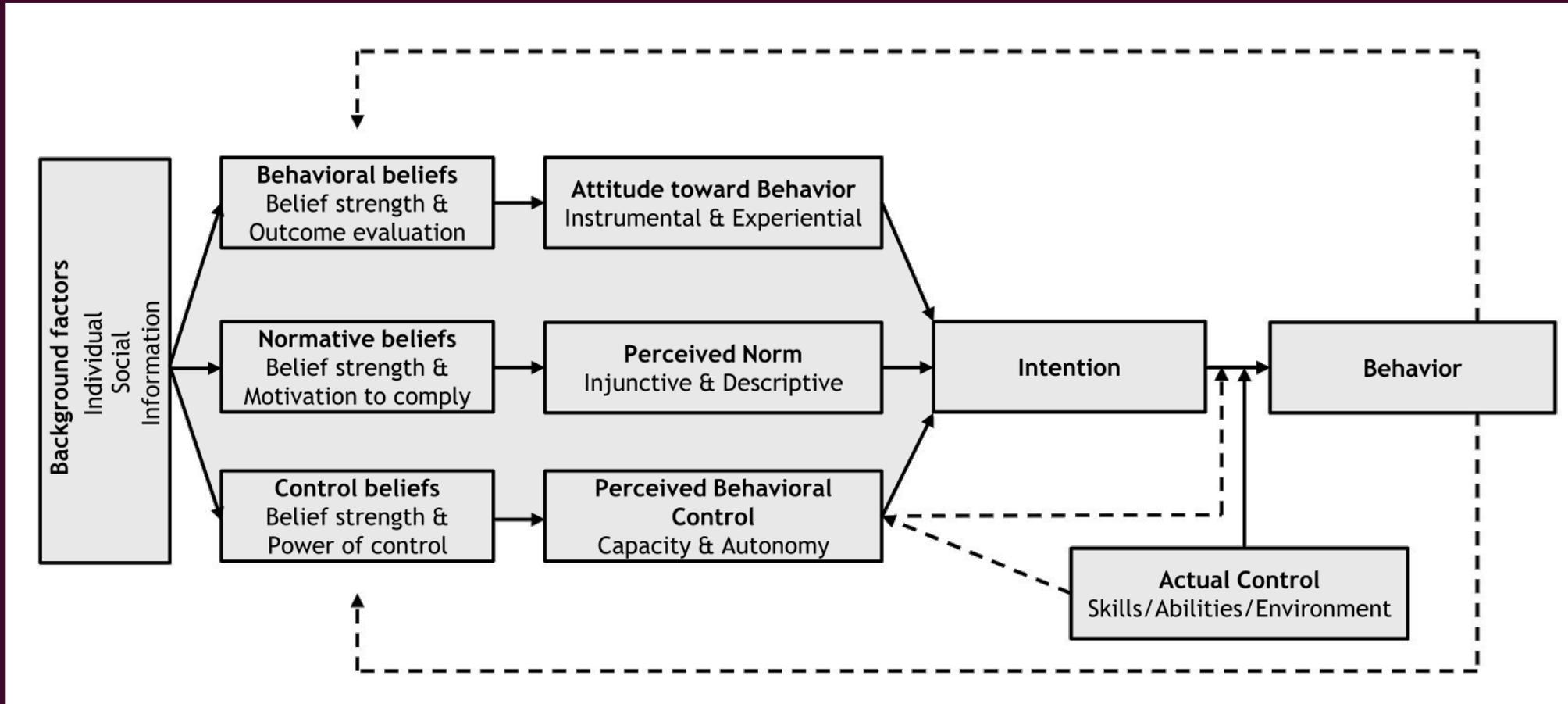
Behavior & External World

Morphogenic Social Systems



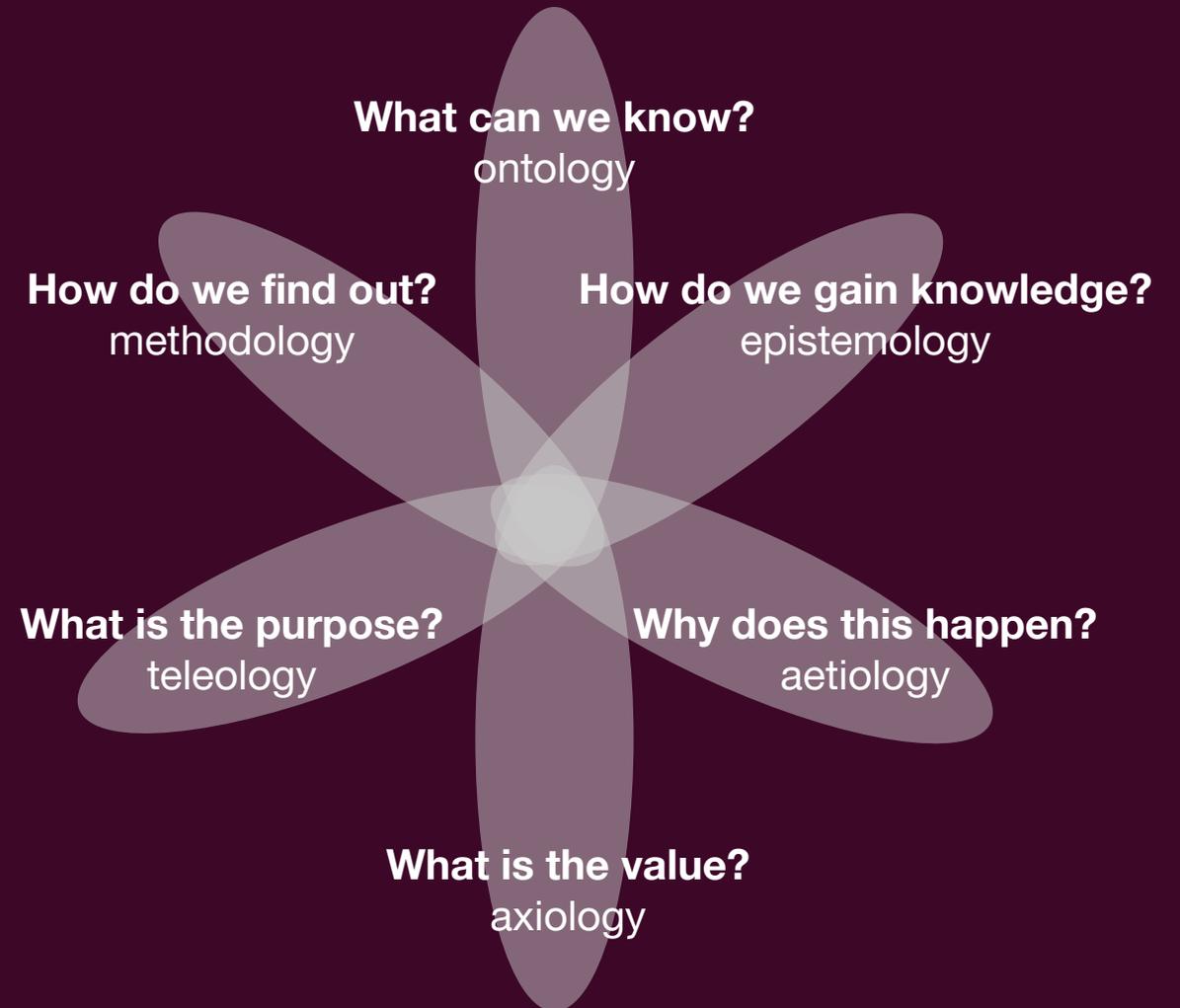
Behavior & Internal World

Reasoned Action Approach



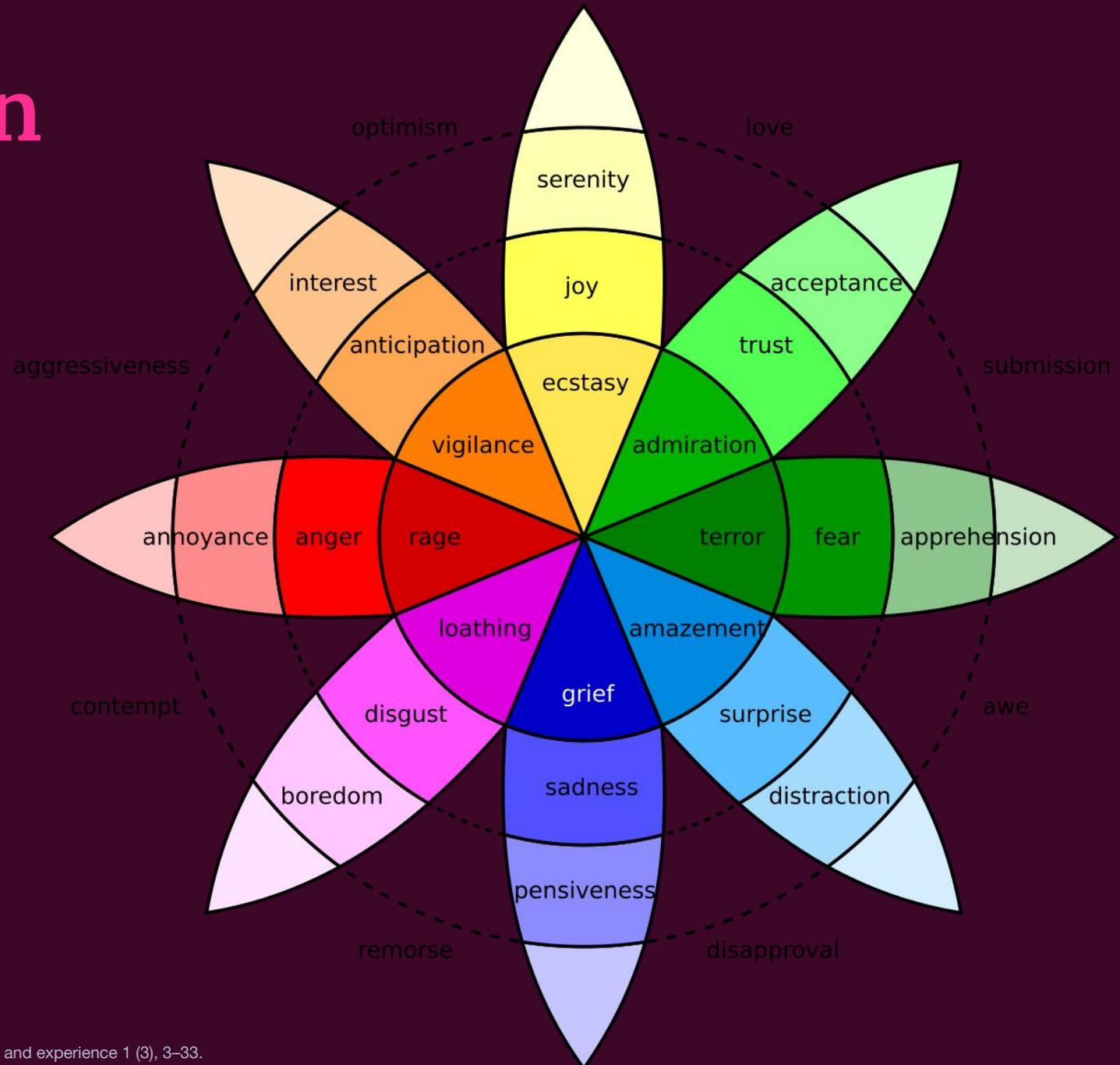
1. Ajzen, I. (1991). The theory of planned behavior. *Organizational behavior and human decision processes*, 50(2), 179-211.
2. Fishbein, M., & Ajzen, I. (2011). *Predicting and changing behavior: The reasoned action approach*. Taylor & Francis.
3. https://en.wikipedia.org/wiki/Reasoned_action_approach (image uploaded by Gjalt-Jorn Peters, feedback loop is new)

Discovering Mental Models



Wheel of Emotion

Robert Plutchik



1. https://en.wikipedia.org/wiki/Robert_Plutchik

2. Plutchik, R., 1980. A general psychoevolutionary theory of emotion. *Emotion: Theory, research, and experience* 1 (3), 3–33.