

Day 2. Emotions Types

Write down the emotions you struggle with the most and how does it affect your life.

2. Exercise: Ask others for perspective.

Often, we don't realize that other people view us much differently than we view ourselves, and vice versa. It's not about right or wrong; it's simply understanding how perceptions differ, and the consequences those differences create.

By asking those close to us--like a significant other or close friend or workmate--about our interactions with them, we can learn from their perspective. For example, we could think about a specific time when we were in a highly emotional state. Ask the other person: Did I act out of the ordinary during that time? Could you describe how?

Then, ask them to relate experiences regarding when they were going through an emotional situation.

You can ask:

How did I deal with you at that time?

Would you say I was sensitive to your feelings and emotions?

Getting the answers to these questions will help us to see ourselves more like others see us--and help us to understand others better, too. You can then use that knowledge to adjust your dealings with others.