

Weekly Mood Tracker

NEURODIVERGENT INSIGHTS

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Emotional Identification

The Emotion Matrix

The Emotion Matrix, technically known as the Arousal-Valence Matrix, happens to be my preferred visual tool for emotion identification. What sets it apart is its comprehensive nature, encompassing not only emotions but also body awareness. This aspect makes it especially advantageous for enhancing interoception awareness and cultivating a more holistic grasp of emotional experiences, particularly for beginners.

The Arousal-Valence Matrix maps emotions on a graph using arousal and valence axes.

Arousal: This pertains to the intensity of the emotion or the level of energy associated with it. Emotions like happiness, excitement, fear, and anger, which are energizing, will be plotted high on the arousal axis. In contrast, calmness or sadness, which are low-energy emotions, will be positioned lower on the arousal axis.

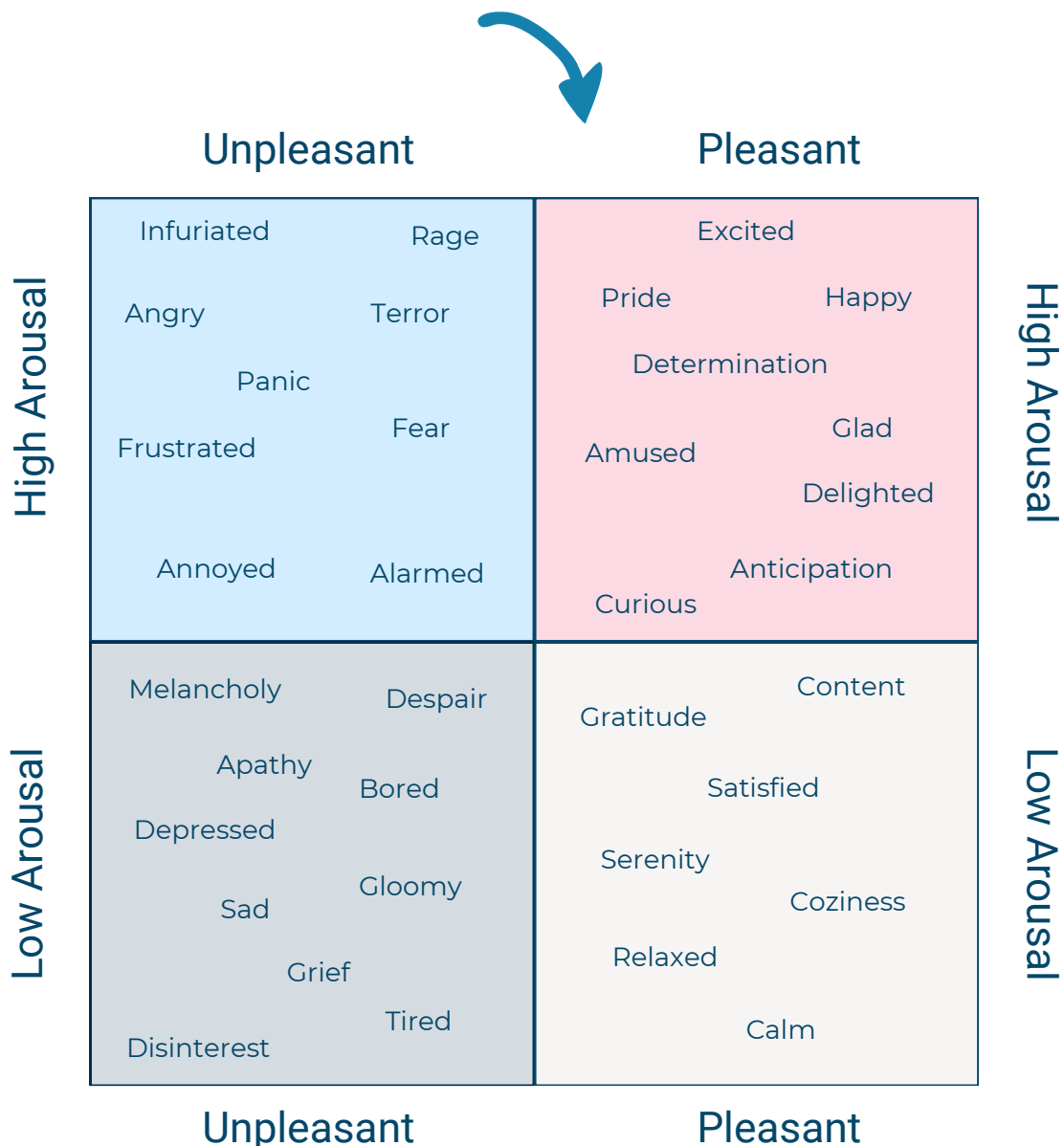
Valence: This denotes whether the emotion is positive or negative. Positive emotions such as joy or love are situated on the right side of the valence axis, while negative emotions like fear or sadness occupy the left side.

For instance, happiness is characterized by both high arousal and high valence, while contentment leans toward high valence but low arousal. Sadness falls into the category of low arousal and low valence, whereas anger is marked by high arousal and low valence.

Emotional Identification

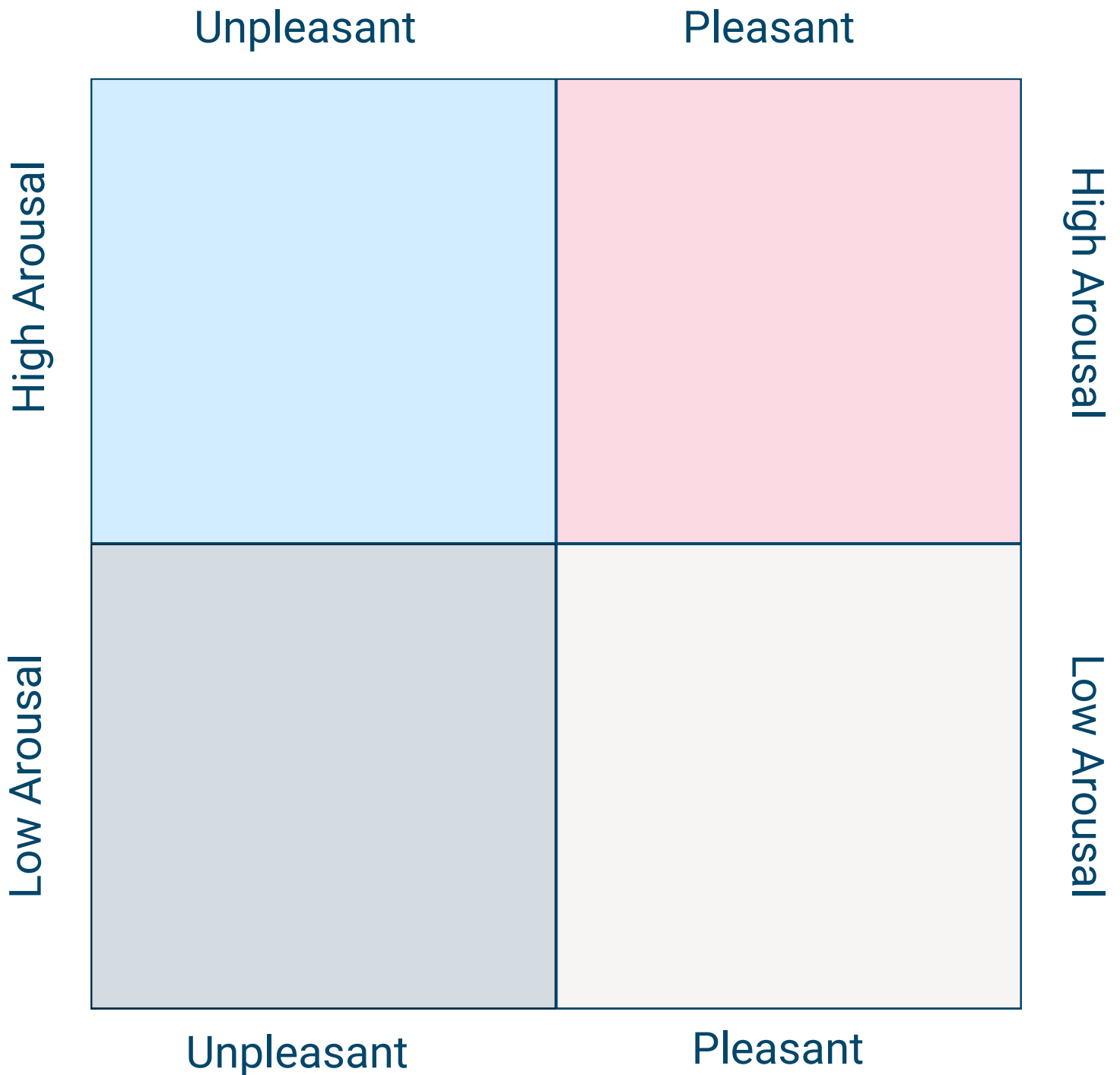
The Emotion Matrix

The matrix is divided into four quadrants, each determined by the interplay of arousal and valence. By pinpointing the quadrant corresponding to a specific emotion, you can enhance your comprehension of your overall emotional landscape.

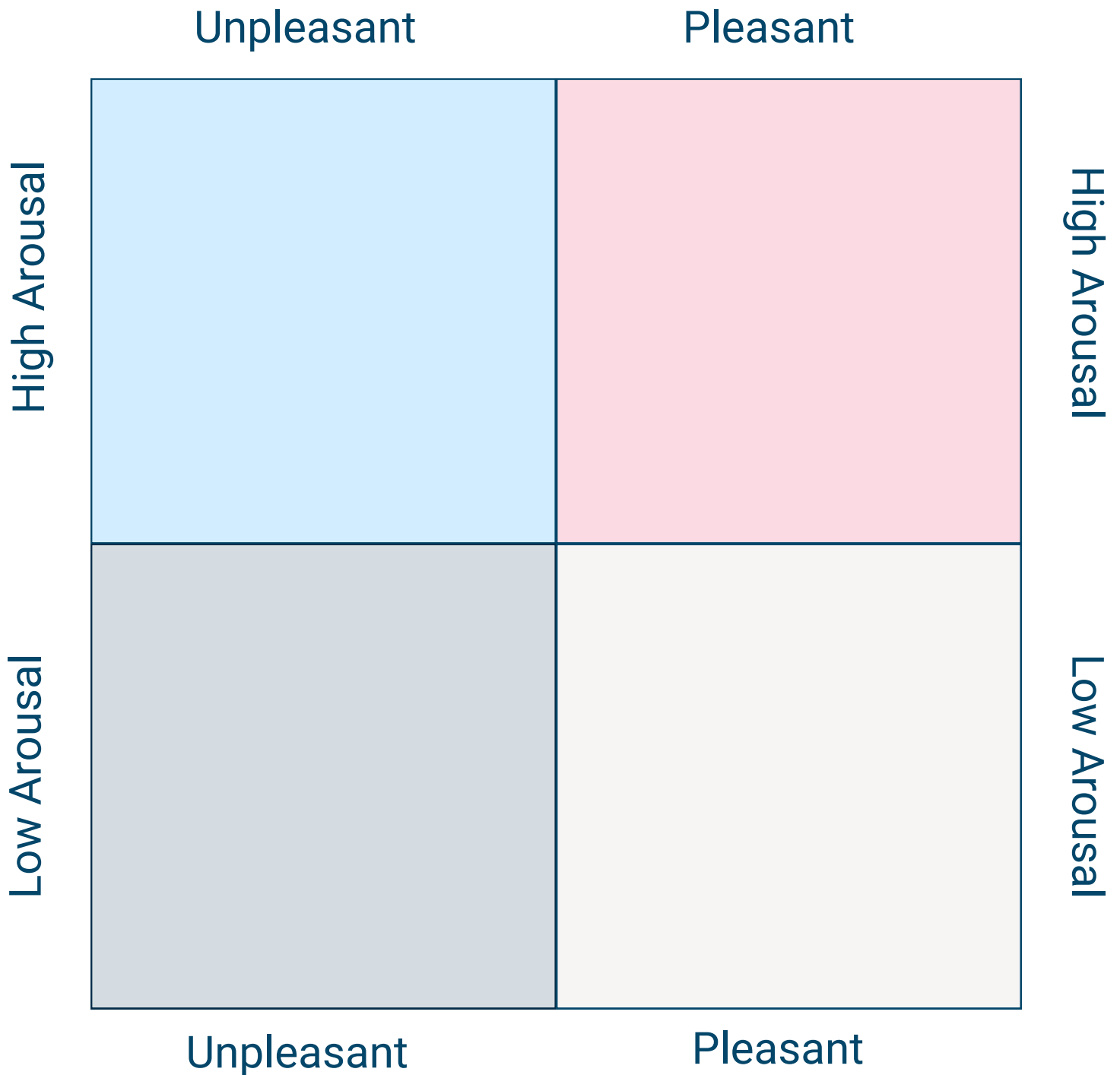


Vertical Axis: Arousal
 Horizontal Axis: Pleasure

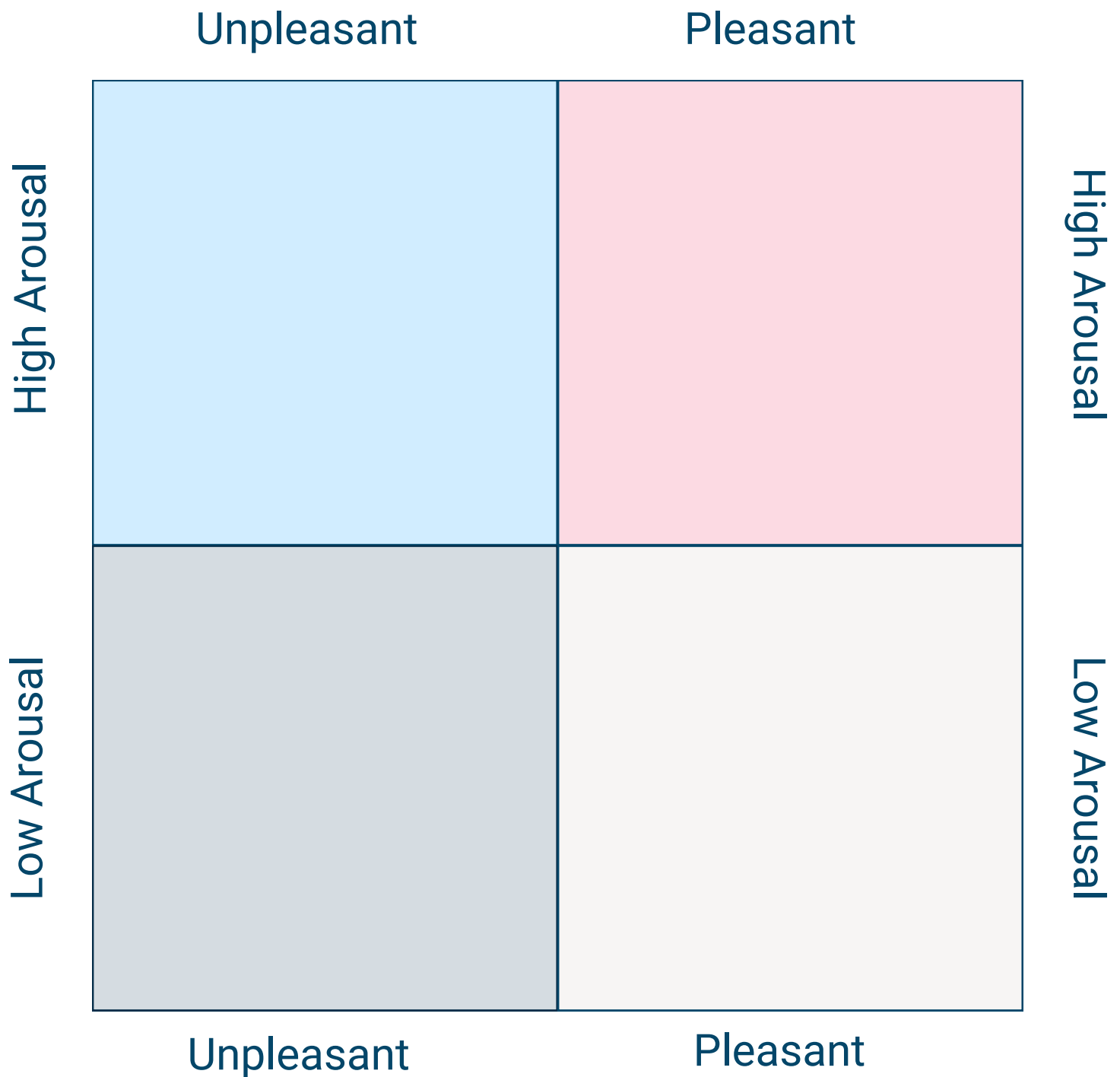
The Arousal-Valence Matrix



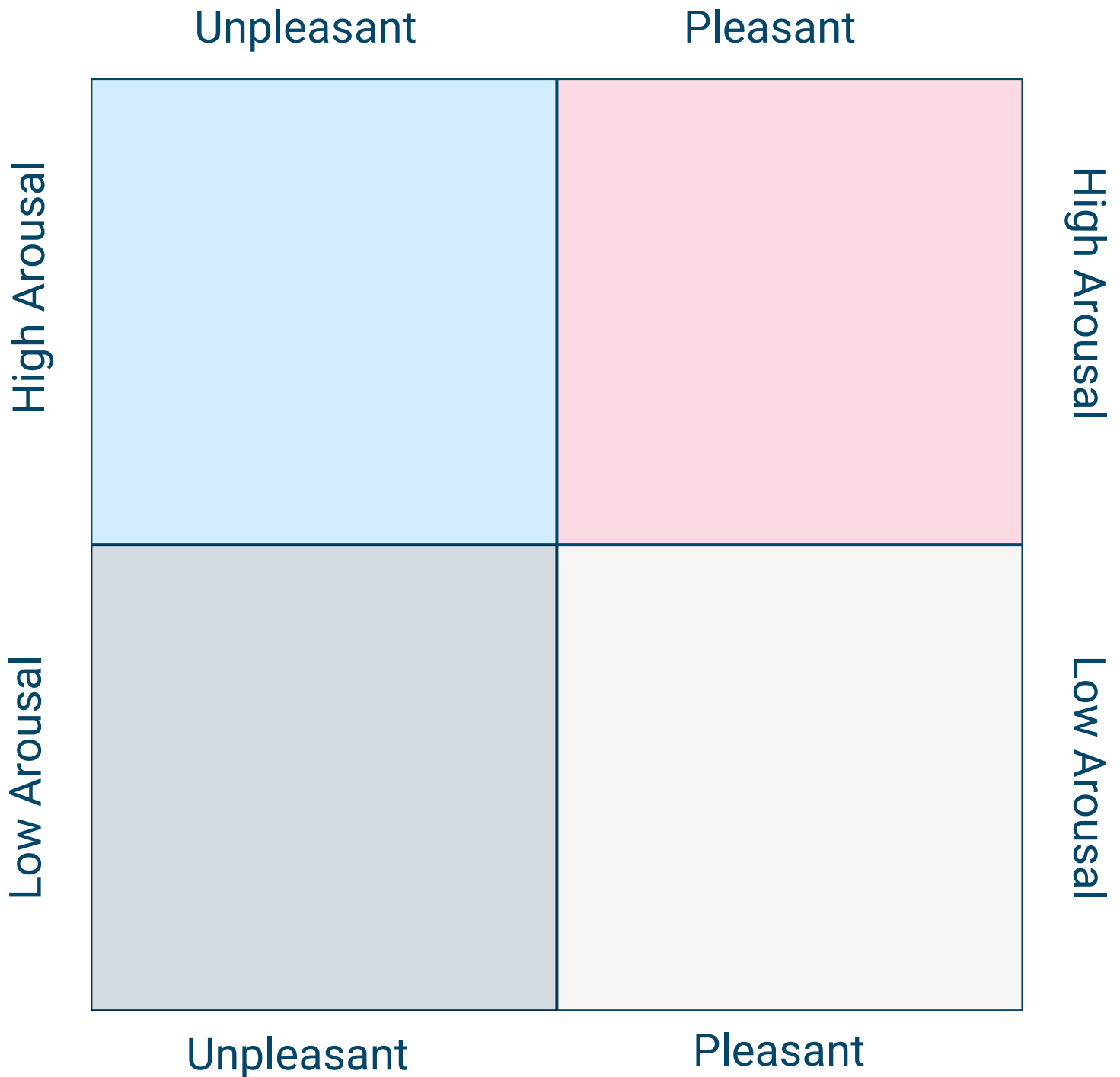
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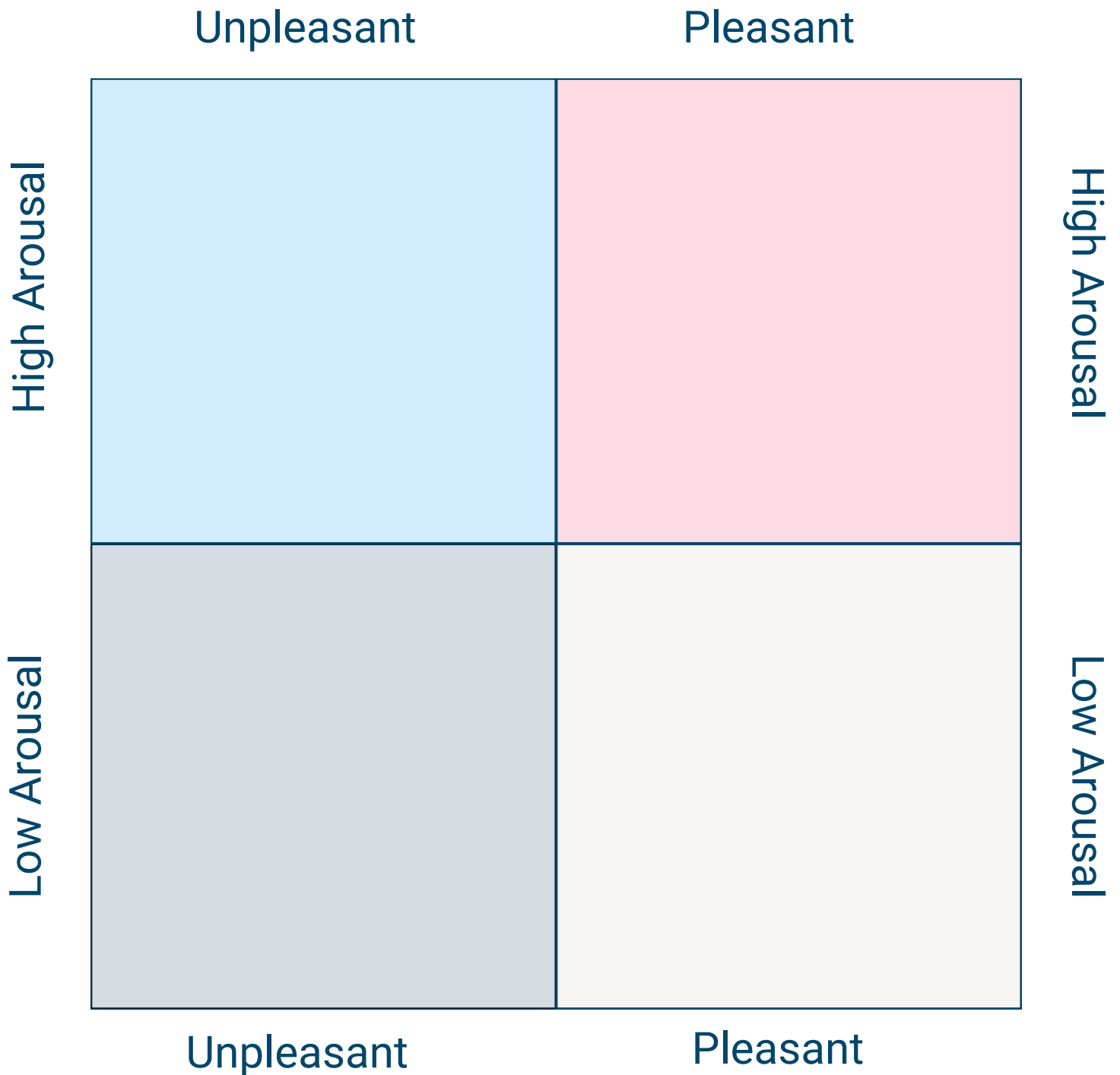
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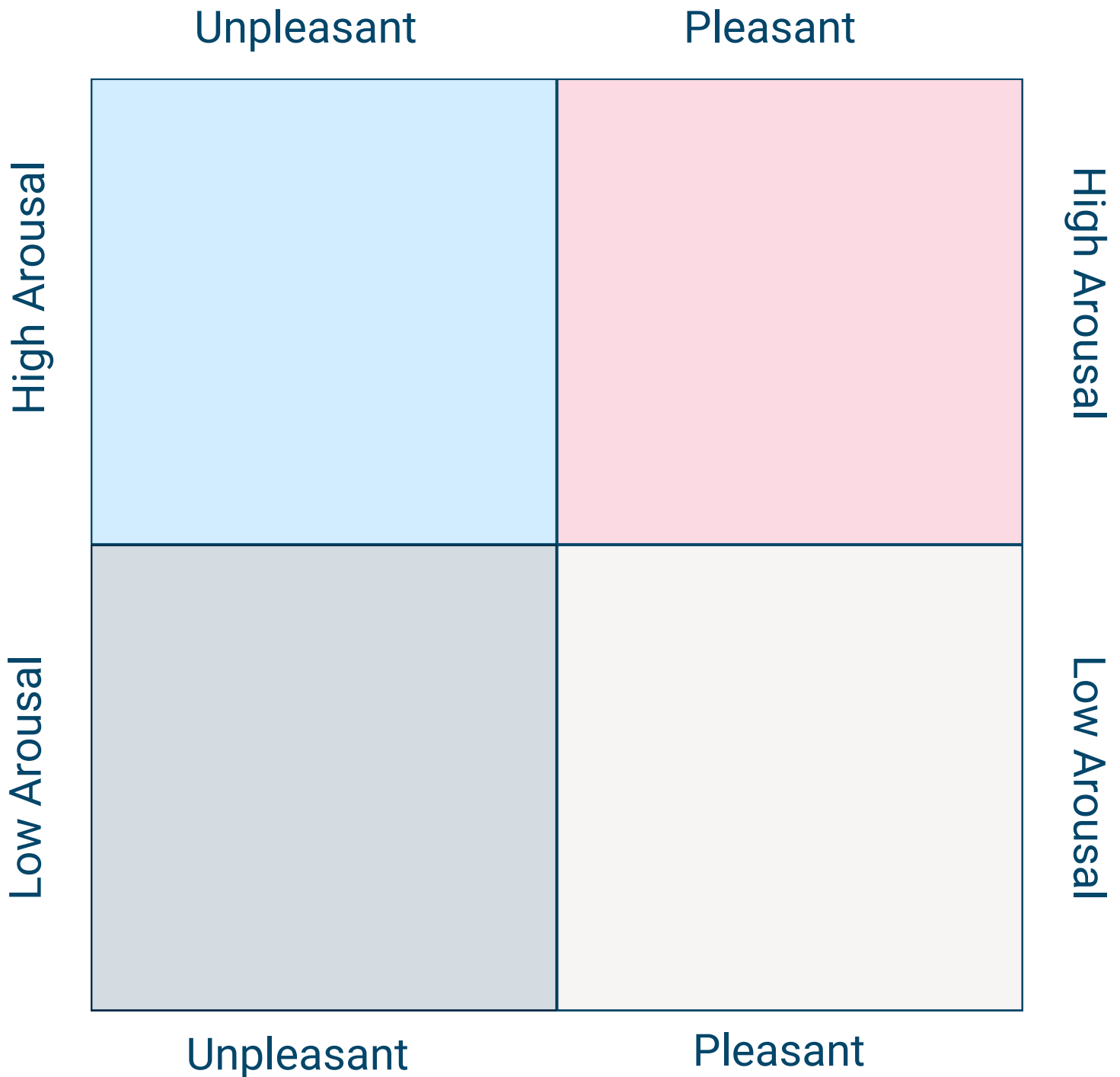
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