Resilience

You are not alone

Harnessing Negative Emotions

May 26, 2021 Jolyon Hallows

















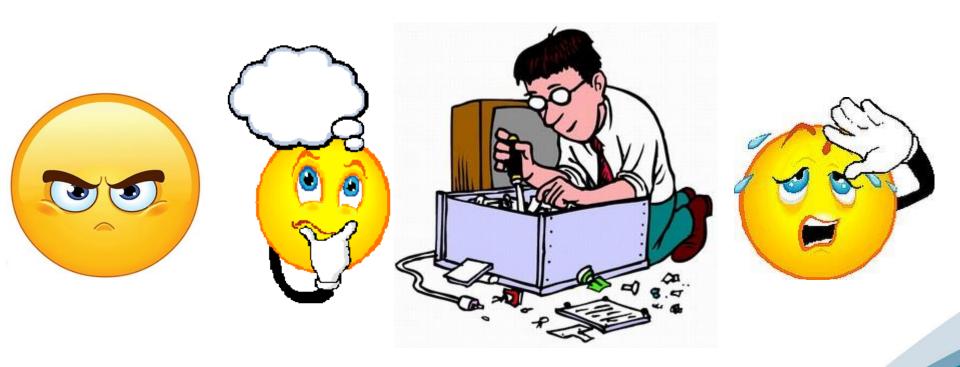


An emotion is an involuntary, instantaneous, subconscious response to an event or situation that affects us.





















Spurs to Action





Thieves of Ambition



Harnessing Fear









Spurs to Action



Spurs to Action

- Hate
- Rage
- Frustration
- Anger







Frustration vs. Anger



- Frustration
 - Triggered by a problem
 - Fleeting



- Anger
 - Triggered by an entity
 - Persistent



Harnessing Frustration



- What is the problem?
- Why is that a problem?
- Is there another solution?
- Why aren't you doing it?
- Could that be the problem?



Harnessing Anger





Entity:
Person or
organization



Misplaced



Generalized (Despair)



Harnessing Anger



Person or organization

Who is the target?

<u>Can</u> the target fix the problem?









Workaround



Thieves of Ambition



Thieves of Ambition

Grief

Apathy

- Depression

- Guilt

Despair





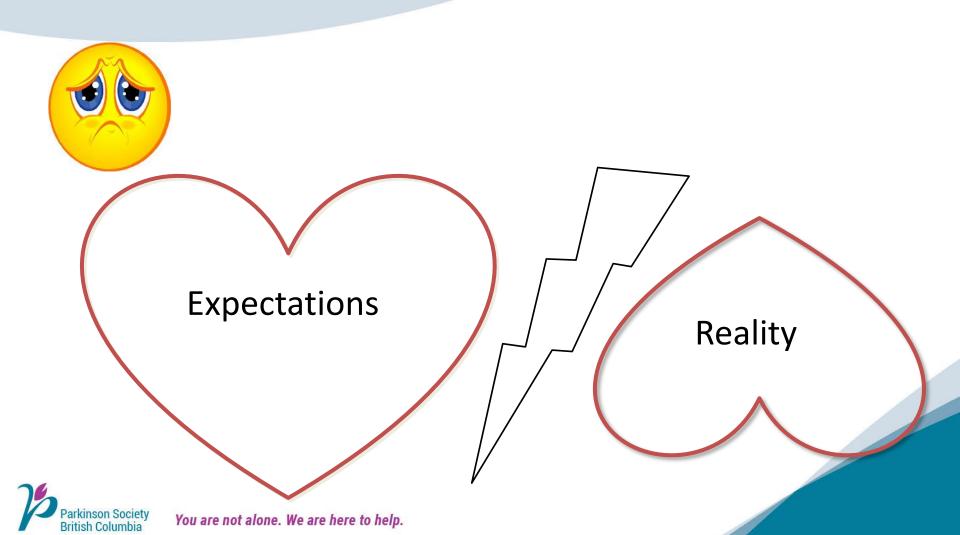
Harnessing Despair



- Despair
 - Problem-based
 - Same triggers as frustration
 - Entity-based
 - Same triggers as entity-based anger
 - Generalized
 - Same triggers as generalized anger



Harnessing Despair



Harnessing Despair

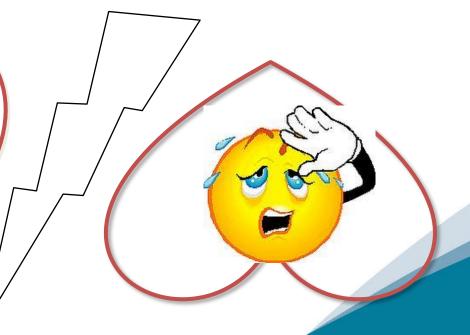


Old Expectations

New Expectations

=

Reality





The Early Warning Sentinel

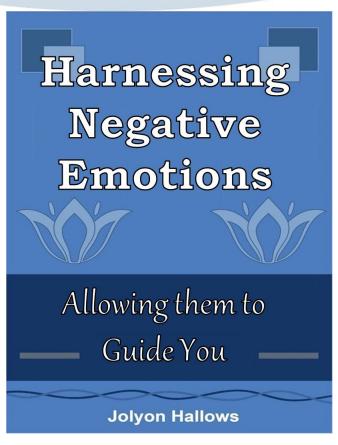








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Thank you!

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