

Emotional Mental Models

Visualizing and reflecting on how you would cope with different situations can offer further insight into your emotions.

Improve emotional awareness by visualizing yourself in each of the following scenarios capturing your emotions and what you would do based on how you feel:

You have one year left to live

How would you feel?	What would you do?
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You have enough money to do anything with your life

How would you feel?	What would you do?
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You are guaranteed success in any profession you choose

How would you feel?	What would you do?
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You are telling your grandchildren how you spent your life

How would you feel?	What would you tell them?
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You are much older now and telling your younger self what to do with their life

How would you feel?	What would you tell them?
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Take each situation seriously. Imagine your feelings and the effect they would have on your behavior.

Think about how you could use these emotional insights in the future.

Dr. Jeremy Sutton