

Emotion Dictionary Contributions

<p>Emotion Dictionary Contributions (EDC) [due before beginning of class Wednesday March 19 BUT earlier is better!!] [This entails a contribution of an uncommon emotion word (English) AND a contribution of your own original emotion word & concept.]</p>	<p>a) uncommon emotion words b) original emotion concepts See Moodle for full details and criteria.</p>	<p>2%</p>
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You will make two dictionary contributions—one to each dictionary on Moodle. This assignment is designed to help you improve your emotional granularity, and to help you more deeply understand: emotions, how emotions are constructed, how your emotion concepts and emotion lexicon shape your reality, experiences, and behaviour in the world—all of which helps improve your emotional regulation, health, and wellbeing.

Dictionary 1: Uncommon Emotion Words

Entries in this dictionary are *ACTUAL* emotion-related words that are already in the English language BUT that are either uncommon, or many people don't really know what the word means. You can use the internet for search for such words of course, BUT, *make very sure it's a real word and not something someone made up or just slang.* **You will need to provide a dictionary definition and URL source for the definition. Your entry must include an example of when someone might reasonably feel this emotion. Only these online dictionaries are acceptable:**

- Cambridge: <https://dictionary.cambridge.org/dictionary/>
- Oxford English Dictionary: <https://www.oed.com>

Dictionary 2: Original Emotion Concept

This is based on Dr. Lisa Felman Barrett's *theory of constructed emotion*. "In any given moment, in a given context, your brain uses concepts to give meaning to internal sensations as well as to external sensations from the world, all simultaneously." (2017, p. 30) This entry will, in particular, help you understand this theory and that ""Emotions are not reactions to the world; they are your constructions of the world." (2017, p. 104).

You will: construct your own original emotion construct. Your entry will include: a name for this emotion; a definition of this emotion; a list of all the concepts involved in construction of this emotion; a list of which existing emotion concepts your original emotion construct encompasses.

Explanatory excerpt from Feldman Barreett, 2017, p.140-141. "Imagine the feeling of reaching into a bag of potato chips and discovering that the previous chip you ate was the last one. You feel disappointed that the bag is empty, relieved that you won't be ingesting any more calories, slightly guilty that you ate the entire bag, and yet hungry for another chip. I have just invented an emotion concept [that does not yet have a work for it]. And yet, as you read my prolonged description of this complex feeling, you most likely simulated the whole thing, right down to the crinkle of the bag and the cheerless little crumbs at the bottom. You experience this emotion without a word for it. [...] Your brain accomplished this feat by combining instances of concepts you already know, such as bag, chips, disappointment, relief, guilt, and hunger. This powerful ability of your brain's conceptual system ... creates your very first instance of this new ... emotion. ... If I name my new creation "*chiplessness*" and teach it to [people], it becomes every bit as real an emotional concept as happiness and sadness."ton

See the example entries in each dictionary on Moodle.

The earlier you submit these the better! We can use them in class then! (But at the latest they need to be submitted before class Monday March 17.)