

**REFLECT ON EMOTIONAL
REASONING THROUGH SUITABLE
CRITICAL THINKING MODELS**

EXPERT

EMOTION DETECTIVE



SKILL ADDRESSED:

Reflect on emotional reasoning through suitable critical thinking models

LEVEL OF CHALLENGE:

Expert

TITLE OF ACTIVITY:

Emotion Detective



INTRODUCTION TO THE SKILL

Emotions are a crucial part of how we select and interpret information as well as how we draw conclusions and decide to take action. However, sometimes our emotions may take over, resulting in an emotional reasoning process instead of a logical or objective thinking decision-making. This affects all the small decisions we make each day, such as deciding what to eat or what to say, but also big decisions, such as our career choices, who we maintain relationships with and where we want to live.

Naturally, we do need an emotional component in our decision-making and need to be able to estimate if and to what extent a situation makes us comfortable, happy, afraid, angry or not.

The problem is, when our emotions are leading us against objective facts and in a deadlocked position. Through critical thinking and self-reflection, we are able to uncover possible emotional bias and, consequently, overcome it.

THE CHALLENGE

In this challenge, we are asking you to investigate emotional reasoning and bias to understand how it can have an impact on decision-making in the workplace. You will be tasked with watching a video whereby participants are engaging in a debate and asked to better understand the emotional reasoning of the participants. After completing your research and watching the video, you are tasked with completing a cognitive reappraisal index by considering a time in your own professional life where you let emotional bias or reasoning cloud your decision-making and thinking process. This will encourage you to use your critical thinking skills to understand how you can avoid emotional reasoning when making difficult decisions in the workplace!

STRUCTURE

HERE ARE THE VIDEOS, CHOOSE ONE TO COMPLETE THIS ACTIVITY:

- Do All Vegans Think The Same? | Spectrum – by Jubilee: <https://www.youtube.com/watch?v=mK7OGhqa9vs>
- Is Gen Z Misinformed? Conservative Teens vs Liberals vs Moderates | Middle Ground – by Jubilee: <https://www.youtube.com/watch?v=T333nqIDT8s>

WHEN WATCHING THE VIDEO, THINK ABOUT THE FOLLOWING STATEMENTS:

- Question the underlying reasons for a person's opinion – consider whether they base their opinion on observable facts, personal experiences, or emotions.
- Pay attention to how they present their viewpoint – try to determine if their intention is self-disclosure or are they trying to convince others.
- Be attentive to key words that reveal emotional reasoning in their arguments.
- Analyse your own reactions while listening to group discussions – take note of whether you agree or disagree with certain statements and explore the reasons behind your responses.
- Consider how you would moderate the conversation if you are involved – try to develop some questions that could assist speakers in uncovering their emotional reasoning.

Keep in mind that the focus is not merely on the topics being discussed, but rather on identifying emotional reasoning and thoughtfully reflecting on the communication processes.

HERE ARE SOME TIPS TO HELP COMPLETING YOUR COGNITIVE REAPPRAISAL INDEX:

- Consider a time when you were faced with a decision or conflict at work where you felt that you let your emotions influence your decision making.
- Try to think about specific situations or topics that tend to trigger emotional responses – think about how these cloud your ability to critically think.



- When making decisions, examine the emotions that arise within you – are they rooted in personal experiences, fears, or desires?
- When completing the index, challenge your initial emotional responses by considering alternative viewpoints and gathering more information.
- By identifying the times that we use emotional reasoning in our decision making processes, we can work towards making sure that our reasoning is based in facts the next time we encounter a similar situation.

Situation:			
<i>Version</i>	<i>Thought</i>	<i>Feeling</i>	<i>Behaviour</i>
Original Interpretation			

COGNITIVE REAPPRAISAL

Positive Reframing
Cognitive Distancing
Examine the Evidence

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ADDITIONAL RESOURCES:

- Positive Reframing and Examining the Evidence - <https://sdlab.fas.harvard.edu/cognitive-reappraisal/positive-reframing-and-examining-evidence>
- How do you use SEL to assess your own biases and assumptions when making decisions? – <https://www.linkedin.com/advice/0/how-do-you-use-sel-assess-your-own-biases>
- Emotion and perception: How our emotions change the way we see the world – <https://www.paulekman.com/blog/emotional-bias/>

DEMONSTRATION AND EVALUATION

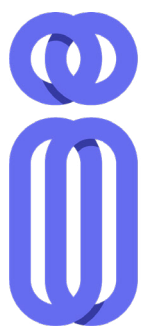
Congratulations! You are now an expert in emotional bias and its effects on decision-making!

Already in the tasks above, we included some self-reflection questions for you. But now that you are done and can look back on the experience of watching the video and examining the impact that emotional bias has, how did this activity make you feel?

We hope that by training this skill, you can transfer this critical observation and reflective thinking to your own every day and professional situations. When in doubt, just ask questions and try to find out, on which basis statements and opinions are made. Your handy companion will be this magic question: "Why do I/ Why do you think this?".

Thank you for completing this challenge!





INTERFACE



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