



# Emotions: 5 points to work on



**2 WAYS  
of activation**

sensorial,  
bodily,  
fast and  
unconscious

longer,  
mediated by  
thought, slow  
and conscious



work on both & reduce the  
competition between actions

it works on perception,  
senses, posture,  
self perception,  
innate reflexes,  
context, etc.

work on logical and  
symbolic thought,  
evaluation and  
decision-making,  
tolerance, etc.

**Reception:** ← opens to sociality

→ **Reaction:** fight-fly-freeze

**2  
modalities**



Identify the exchanges between these two modalities

# Understanding Emotion At Work

**IM Harris**



## **Understanding Emotion At Work:**

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