Dig deeper: Exploration emotions
Dig deeper: Exploration emotions

• Attention for emotions – signal function
Dig deeper: Exploration emotions

• Attention for emotions – signal function
• Recognition of (non)-verbal emotions
Dig deeper: Exploration emotions

- Attention for emotions – signal function
- Recognition of (non)-verbal emotions

  *I see that you are angry. Can you explain why this makes you feel like this?*
Dig deeper: Exploration emotions

- Attention for emotions – signal function
- Recognition of (non)-verbal emotions
  
  *I see that you are angry. Can you explain why this makes you feel like this?*

- Recognition => dissipation of emotions
Dig deeper: Exploration emotions

• Attention for emotions – signal function
• Recognition of (non)-verbal emotions
  
  I see that you are angry. Can you explain why this makes you feel like this?

• Recognition => dissipation of emotions
• The experience of recognition: important for feeling satisfied with the mediation (mediator/other) (Bollen & Euwema, 2015)
Dig deeper: Exploration emotions

• Attention for emotions – signal function
• Recognition of (non)-verbal emotions
  
  *I see that you are angry. Can you explain why this makes you feel like this?*

• Recognition => dissipation of emotions
• The experience of recognition: important for feeling satisfied with the mediation (mediator/other) (Bollen & Euwema, 2015)

  *Finally somebody listens or is perceptive to my situation*