

Individual Reflection: Identifying How We Feel at Work

Purpose: Take a few minutes to reflect on how you have been feeling at work recently. This is an exercise to help you and your supervisor or manager recognize emotion-related patterns and experiences that you and your coworkers may be having.

Instructions:

1. View the table of emotions and experiences below
2. Highlight or underline 3-5 emotions or experiences you have frequently had at work in the past month.
3. Write a few notes to yourself on the back of this sheet regarding why you think these emotions or experiences have been so common recently.
4. On the provided notecard, choose one or two of these emotions and write it and your brief explanation (from step 3) to share anonymously with the facilitator.
5. Keep this page for reference in case there is further discussion on this topic.

Positive Emotions/Experiences	Negative Emotions/Experiences	TOH@UTC Linkage
safe, secure, protected, supported, cared for, shielded, comforted, stable, confident, reassured	unsafe, vulnerable, threatened, exposed, fearful, insecure	Protection from Harm
included, connected, valued, appreciated, trusted, united, collaborative, welcomed, understood	isolated, excluded, disconnected, unappreciated, mistrusted	Connection & Community
balanced, flexible, free, autonomous, empowered, peaceful, manageable	overwhelmed, stressed, constrained, trapped, chaotic	Work-Life Harmony
respected, dignified, meaningful, purposeful, recognized, important	undervalued, ignored, insignificant, disrespected	Mattering at Work
learning, accomplished, growing, thriving, achieving, developing	stagnant, unfulfilled, stuck, unchallenged	Opportunity for Growth