

Pause and Process

1. Complete this statement a few times: **Emotions are.....**
2. Read the following statements and consider your level of agreement with them on a scale of 1-10.

- **Emotions are annoying.**
- **Emotions are things that we just have to deal with.**
- **Emotions are a source of power.**
- **Emotions are irrelevant in a work environment.**
- **Emotions are a waste of time.**
- **Emotions are energizing.**
- **Emotions get in the way of doing important work.**
- **Emotions are scary.**
- **Emotions are my friends.**

3. Where do you suspect your attitudes about emotions come from?

What has influenced them?

4. How do you think your gender and race/ethnicity affect how you think and feel about emotions?