

SHAME

Shame is a form of extreme self-consciousness that results from negative and self-critical thoughts. Shame is categorized as a self-conscious emotion because it is triggered by internal thoughts and judgment of oneself. When people experience shame, this self-evaluation has resulted in feeling bad, inadequate or unworthy.



You finished your grocery shopping and now you need to pay. When you see the price, it turns out that you spent above your budget. You do not have enough cash with you, and credit/debit card does not work for some reason. A lot of people wait in line.



GUILT

Guilt is the emotion a human being feels after committing an act that negatively impacts others. It is the psychological response humans have once they have recognized their responsibility for a harmful or problematic occurrence. In a psychological context, guilt is considered the more proactive emotional response to an occurrence or action taken, as opposed to shame.



You are assigned to a team by your professor, and you have a one week to deliver the work and present. Tasks are distributed evenly, however; you have not done your part properly. Then the day arrives, and your poor work reduces the outlook of the presentation and grade of your teammates.



Created by Adrien Coquet
from the Noun Project



EMBARRASSMENT

Embarrassment can be described as an uncomfortable and often intense public emotion that may be characterized by feelings of exposure, awkwardness, or regret. It typically occurs following an accidental failure to meet accepted social standards. Linked to self-consciousness, embarrassment is a sense of internal discomfort.



You have building up your courage for weeks to speak to the girl/boy of your dreams. When you could not hold your feelings within you anymore, you pushed yourself beyond limits and opened up to him/her. Things did not turn out fine. And even worse than receiving a negative answer, her/his friends were smirking because according to them you are out of her/his league.



Created by Maria Zamchy
from the Noun Project



JEALOUSY

Jealousy is an often-overwhelming feeling of insecurity about a potential loss or inequity in distribution of resources. The term is also used to describe a feeling associated with being possessive of another person, such as a partner or friend. This emotion is often accompanied by resentment, anger, hostility, inadequacy, and bitterness.



You are overly obsessed with your girlfriend/boyfriend. You always monitor whereabouts of your loved one, follow him/her, going through their phone or belongings without permission. You are being jealous, but you are not aware that you are trying to control her. Eventually your partner gets sick of you and wants to break up with you.



Created by Adrien Coquet
from the Noun Project



EMPATHY

Empathy, emotion researchers generally define empathy as the ability to sense other people's emotions, coupled with the ability to imagine what someone else might be thinking or feeling. This can lead to a deeper understanding of their experience and a more compassionate response.



Your close friend told you that his/her grandpa is in the hospital receiving a treatment. Whenever you tried to speak with her/him on that matter, you always receive answers such as "it is fine, no worries, okay". After a week later, you learn from your friend's mom that his/her grandpa sadly passed away. She/he cuts connections with others, but you still want by her/his side and share the burden.



Created by Lars Meiertobrens from the Noun Project



ENVY

Envy is a state of desiring something that someone else possesses. It's a vicious emotion that can crush self-esteem, inspire efforts to undermine others' successes, or even cause people to lash out violently. Envy is more likely to cause feelings of sadness and a desire to change. Meanwhile, jealousy is more likely to provoke anger and resentment. Sometimes jealousy and envy occur together. When someone feels jealous, they may also envy the person who is causing them to feel jealous in the first place.



You always wanted to take risks, follow your own path and do what you want your life. But you never found a courage to do these things, while your best friend that you studied together managed to follow his/her own path and now thriving in professional life. You can't stop yourself from envying her.



Created by Sam Khoo Lay from the Noun Project



INTERNAL LOCUS OF CONTROL

If you have a high internal locus of control, you believe that you are in control of outcomes related to your own life. It is a belief that you can take action to achieve self-improvement and change your community. Similarly, a person with an internal locus of control will believe that if they take bad actions or don't put in enough effort, they should take responsibility for that as well.



1) You are up for a promotion, 2) Big exam is approaching. 3) Your doctor tells you that you have potential to develop Type II diabetes. 4) You lost a sports game. Example of behaviours: seeking mentorship to achieve change, persisting through challenge, trying to defy the odds, setting personal goals



Created by Rubem Hojo
from the Noun Project



EXTERNAL LOCUS OF CONTROL

A person with an external locus of control believes that they do not have control over their success or failure. you believe that your actions won't affect your outcomes. You will focus on blaming others or putting results up to fate rather than your own behaviours.



1) You are up for a promotion, 2) Big exam is approaching. 3) Your doctor tells you that you have potential to develop Type II diabetes. 4) You lost a sports game. Example of behaviours: blaming others, ascribing actions to fate, accusing teachers or bosses, not setting goals.



Created by Luis Prado
from the Noun Project





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NAME OF THE GAME: Social problem-solving board game

ORGANISATION: Eurasia

COUNTRY: Turkey

Objective

Self-consciousness is defined as the tendency of the individual to focus on his/her own behaviour, the consequences of these behaviours, and the thoughts of others about himself/herself. Self-conscious emotions are emotions that are influenced by how we see ourselves and how we interpret what others might think of us: guilt, shame, embarrassment, empathy, envy, jealousy, and pride. Healthy self-conscious emotions can give you positive motivation and improve social functioning.

According to the researchers, there are two types of self-awareness: External Locus of Control and Internal Locus of Control. People who possess the first one believe that circumstances, fate, luck or other powerful control events in their lives. However; people with the latter one believe that they are responsible for their own success.

Our target group consists of adults with fewer opportunities who are basically coming from socially disadvantaged backgrounds, facing economic and geographical obstacles, unemployed, belonging ethnic or national minorities, immigrants, refugees, adults with disabilities. All the people who are part of these groups are within the range of our game.

Through our game we would like to improve emotional intelligence (EI) that they possess which is quite difficult to improve under these compelling conditions. Out of 8 EI relevant modules that are chosen by consensus, we decided to improve our game based on the terms self-conscious and locus of control, module 2.

We would like participants to be more aware of the world surrounding them, of themselves and their activities and improve their social function following the game. Self-consciousness is a unique spiritual world of the individual that is shaped through experiences and impressions from life. We would like to help these people to reveal that hidden power inside,

	<p><i>hence gaining a deep and unique identity and taking important steps towards developing his or her own life.</i></p> <p><i>That game tests our ability to understand a social situation and use reasoning to deal with it, people associate the relevant term with a social situation. As we face various social problems in our daily lives, at school, at home or at work, the game will help us to contextualise the relevant emotions and practise the techniques to tackle. It is a great game for people with social difficulties who are more likely to get stuck in their way of thinking. This game allows for brainstorming to find best and alternative solutions to problems. They will learn to make more positive social choices in real life situations and eventually they will utilise these practices when they find themselves in social situations that require socially appropriate solutions.</i></p>
<p>Setup & Theme</p>	<p><i>It is advised to play the game with a maximum of 8 players. It is preferable to have small teams of 2 or 3 people. Every player should have a partner as it is a social problem game, hence interacting with the partner could make the game closer to real-life experience.</i></p> <p><i>Apart from the cards, board and dice nothing else is necessary. Since there are only 8 cards, each card will have its own specific concept and theme. With the help of various concepts, the players will develop their emotional intelligence comprehensively and they will be more prepared for real-life situations that they could possibly face.</i></p>
<p>Card ranking & description</p>	<p><i><u>Card 1</u> – Shame, is a form of extreme self-consciousness that results from negative and self-critical thoughts. Shame is categorised as a self-conscious emotion because it is triggered by internal thoughts and judgement of oneself. When people experience shame, this self-evaluation has resulted in feeling bad, inadequate or unworthy.</i></p> <p><i>Situation: You finished your grocery shopping and now you need to pay. When you see the price, it turns out that you spent above your budget. You do not have enough cash with you, and credit/debit cards do not work for some reason. A lot of people wait in line.</i></p> <p><i><u>Card 2</u> – Guilt, is the emotion a human being feels after committing an act that negatively impacts others. It is the psychological response humans have once they have recognized their responsibility for a harmful or problematic occurrence. In a psychological context, guilt is considered the</i></p>

more proactive emotional response to an occurrence or action taken, as opposed to shame.

Situation: You are assigned to a team by your professor, and you have one week to deliver the work and present. Tasks are distributed evenly, however; you have not done your part properly. Then the day arrives, and your poor work reduces the outlook of the presentation and grade of your teammates.

Card 3 – Embarrassment, can be described as an uncomfortable and often intense public emotion that may be characterised by feelings of exposure, awkwardness, or regret. It typically occurs following an accidental failure to meet accepted social standards. Linked to self-consciousness, embarrassment is a sense of internal discomfort.

Situation: You have been building up your courage for weeks to speak to the girl/boy of your dreams. When you could not hold your feelings within you anymore, you pushed yourself beyond limits and opened up to him/her. Things did not turn out fine. And even worse than receiving a negative answer, her/his friends were smirking because according to them you are out of her/his league.

Card 4 – Jealousy, is an often-overwhelming feeling of insecurity about a potential loss or inequity in distribution of resources. The term is also used to describe a feeling associated with being possessive of another person, such as a partner or friend. This emotion is often accompanied by resentment, anger, hostility, inadequacy, and bitterness.

Situation: You are overly obsessed with your girlfriend/boyfriend. You always monitor the whereabouts of your loved one, follow him/her, going through their phone or belongings without permission. You are being jealous, but you are not aware that you are trying to control her. Eventually your partner gets sick of you and wants to break up with you.

Card 5 – Empathy, emotion researchers generally define empathy as the ability to sense other people's emotions, coupled with the ability to imagine what someone else might be thinking or feeling. This can lead to a deeper understanding of their experience and a more compassionate response.

Situation: Your close friend told you that his/her grandpa is in the hospital receiving treatment. Whenever you tried to speak with her/him on that matter, you always receive answers such as "it is fine, no worries, okay". After a week later, you learn from your friend's mom that his/her

grandpa sadly passed away. She/he cuts connections with others, but you still want by her/his side and share the burden.

Card 6 – Envy, is a state of desiring something that someone else possesses. It's a vicious emotion that can crush self-esteem, inspire efforts to undermine others' successes, or even cause people to lash out violently. Envy is more likely to cause feelings of sadness and a desire to change. Meanwhile, jealousy is more likely to provoke anger and resentment. Sometimes jealousy and envy occur together. When someone feels jealous, they may also envy the person who is causing them to feel jealous in the first place.

Situation: You always wanted to take risks, follow your own path and do what you want in your life. But you never found the courage to do these things, while your best friend that you studied together managed to follow his/her own path and is now thriving in professional life. You can't stop yourself from envying her.

Card 7 – Internal locus of control, if you have a high internal locus of control, you believe that you are in control of outcomes related to your own life. It is a belief that you can take action to achieve self-improvement and change your community. Similarly, a person with an internal locus of control will believe that if they take bad actions or don't put in enough effort, they should take responsibility for that as well.

Situations: 1) You are up for a promotion, 2) Big exam is approaching. 3) Your doctor tells you that you have potential to develop Type II diabetes. 4) You lost a sports game. Example of behaviours: seeking mentorship to achieve change, persisting through challenge, trying to defy the odds, setting personal goals.

Card 8 – External locus of control, A person with an external locus of control believes that they do not have control over their success or failure. you believe that your actions won't affect your outcomes. You will focus on blaming others or putting results up to fate rather than your own behaviours.

Situations: 1) You are up for a promotion, 2) Big exam is approaching. 3) Your doctor tells you that you have potential to develop Type II diabetes. 4) You lost a sports game. Example of behaviours: blaming others, ascribing actions to fate, accusing teachers or bosses, not setting goals.

<p>Gameplay</p>	<p><i>The game comprises 8 scenario cards (related to self-consciousness and locus of control) with focus on real life situations that any person might experience in their regular daily life. After reading cards, players will act out the situation, discuss consequences, offer three alternatives, reflect on what they would do or what might be done in general.</i></p> <p><i>Players will roll a dice to advance on the board game. The image they land on will tell them what type of scenario card to pick up. After picking up the scenario card, they will also need to spin a spinner that tells them how to respond to the card: act it out, discuss why it matters, explain your choice, offer three alternatives, or explain the consequences of the alternative(s) that you offered.</i></p>
<p>Combinations</p>	<p><i>Players/teams that perform more than one type of response obtains extra points.</i></p>
<p>Special rules (cooperative and competitive)</p>	<p><i>There are sentences that brings extra points when they are used:</i></p> <ul style="list-style-type: none"> ● <i>Can I hug you?</i> ● <i>I'm here for you,</i> ● <i>This must be so hard for you,</i> ● <i>You are doing an amazing job,</i> ● <i>I feel for you,</i> ● <i>This has to be one of the most difficult things a person can go through,</i> ● <i>I don't know what I would do if I were in your shoes,</i> ● <i>This is just a really tough time for you,</i> ● <i>I'm here for you, whatever you need,</i> ● <i>If there's anything I can do to help, please don't hesitate to let me know,</i> ● <i>I know it's not easy to talk about, but I'm here to listen,</i> ● <i>Please know that I care about you and am here for you.</i>
<p>Winning/Learning outcomes</p>	<p><i>First to finish wins. However, players can just continue playing without bothering by returning to the starting point after reaching the final destination. Then they can count all the collected points for each team/couple.</i></p> <p><i>At the end of the game, participants should be able to:</i></p> <ul style="list-style-type: none"> ● <i>Describe the self-consciousness more clearly,</i> ● <i>Identify the emotions which are associated with self-consciousness,</i>

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| | <ul style="list-style-type: none">• <i>Identify the dangers of excessive self-consciousness,</i>• <i>Differentiate the positive and negative self-conscious emotions,</i>• <i>Know the beneficial functions of self-conscious emotions,</i>• <i>Avoid the confusion between the terms and emotions of self-awareness and self-consciousness,</i>• <i>Understand the characteristics of internal locus of control and external locus of control,</i>• <i>Understand the pros and cons of internal locus of control and external locus of control.</i> |
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EI4FUTURE