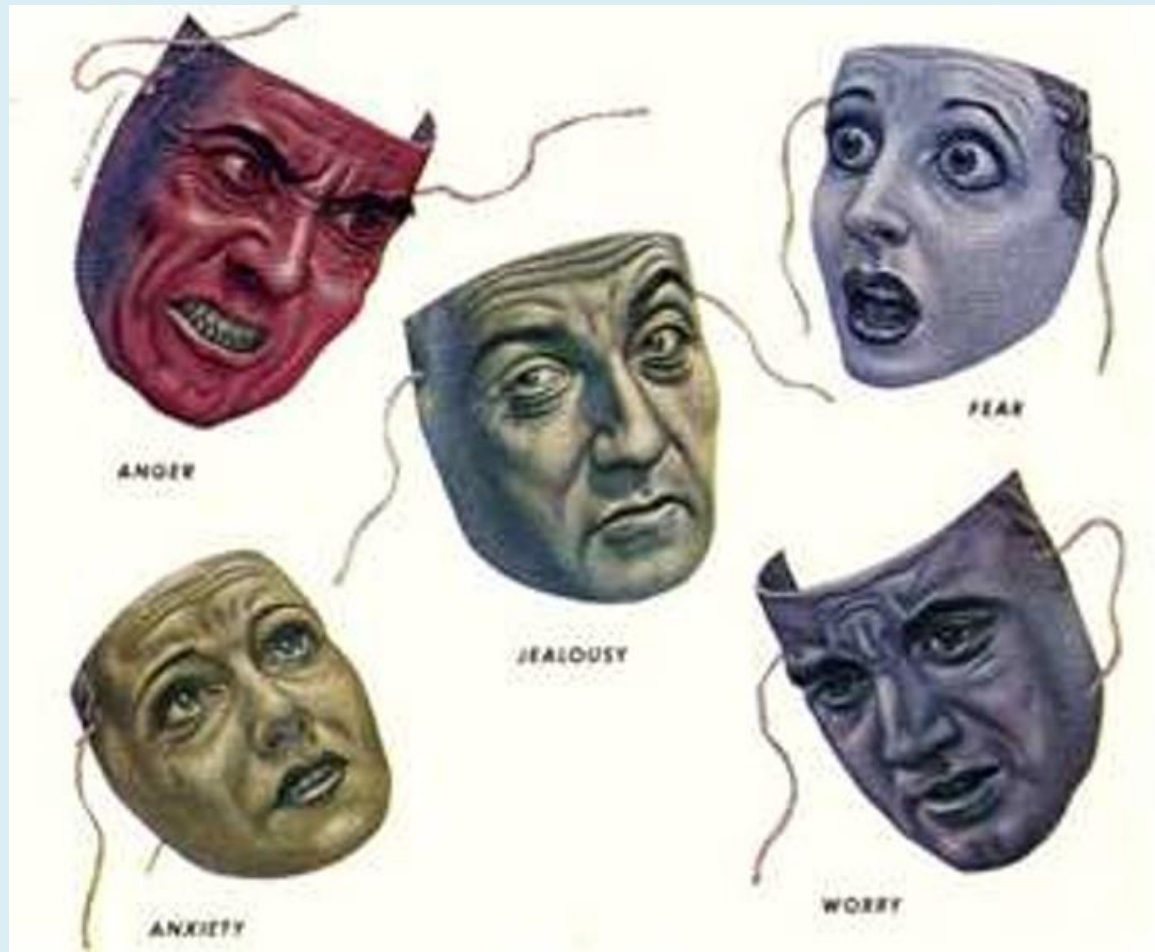


El Acting Workshop





Classic View vs Theory of Constructing Emotions

Lisa Feldman Barrett

Comparison

Classic View of Emotions

- Each emotion has an embedded Fingerprints
- Triggered through a Dedicated Mechanism
- Genetic
- Passive

Theory of Constructed Emotion

- Emotions are made in the moment
- Based on Concepts
- Architects of our emotions
- Emotions are not universal but are molded through our culture and environment
- Lots of variety
- Active Constructors of our emotions from past experiences

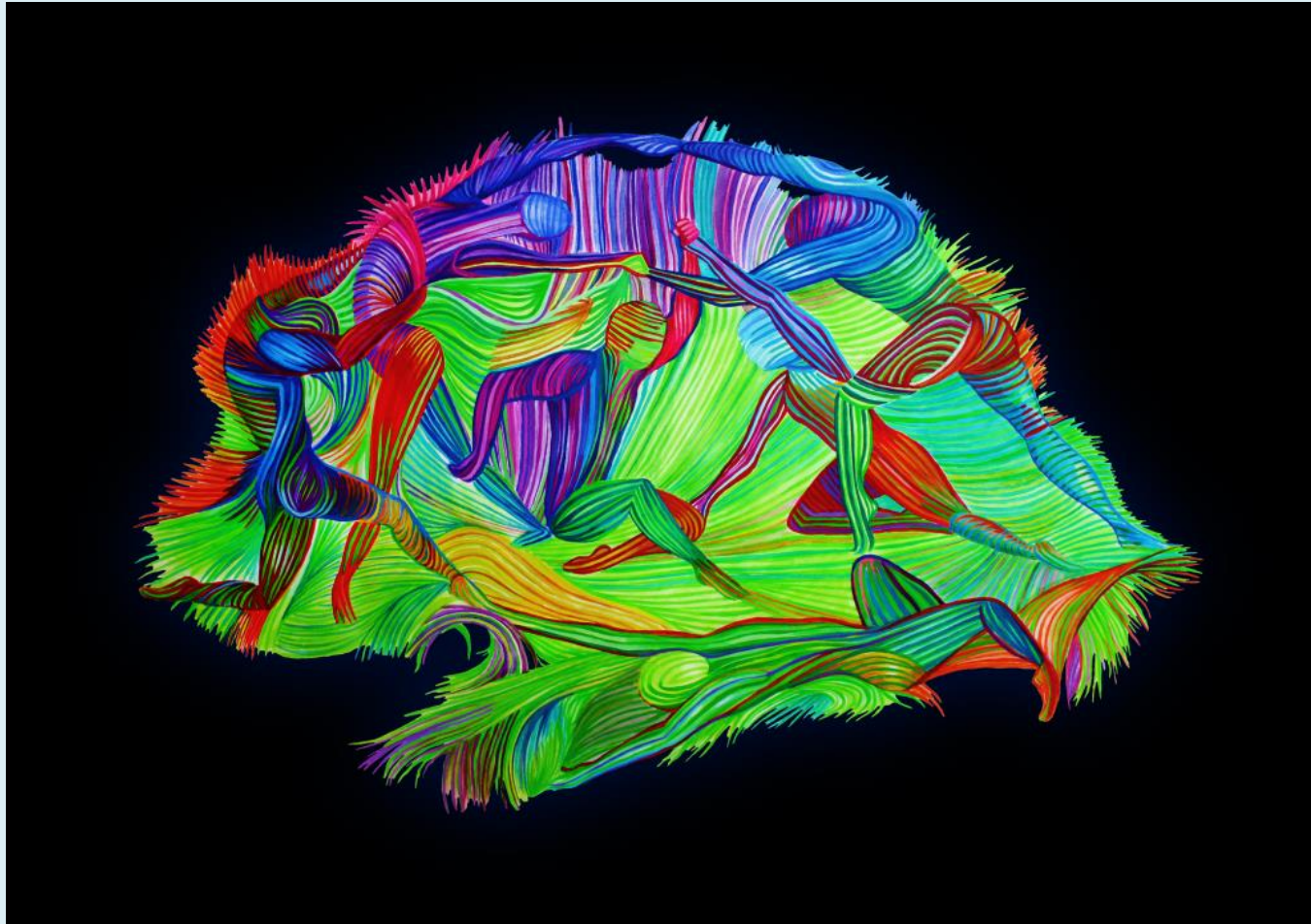
How Can This Help Us in VO

Helps Us Make Choices



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Helps Us Connect with Copy



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Helps Us Connect with Others



Mindfulness

Defined

Quotes

*...**mindfulness** can help one develop emotional intelligence, by increasing people's understanding of their own emotions. Since the practice of mindfulness involves noticing one's current thoughts and feelings without judgment or interference, one learns to observe different emotional states...
--Chargensukmongkol (2015)*

*Generally speaking, **mindfulness** practice increases awareness to internal/external stimuli in an interaction or situation to help us understand our emotions (and the emotions of others) so that we can effectively cope with and express them. Without that awareness, we are more reactive/impulsive and negatively impacted by those feelings and the reactions themselves which can cause unnecessary conflict in interpersonal relationships. Mindfulness and EI give us control vs. being controlled by multiple factors in or around us. ---Cameron Hipp, LPC*

Emotional Intelligence

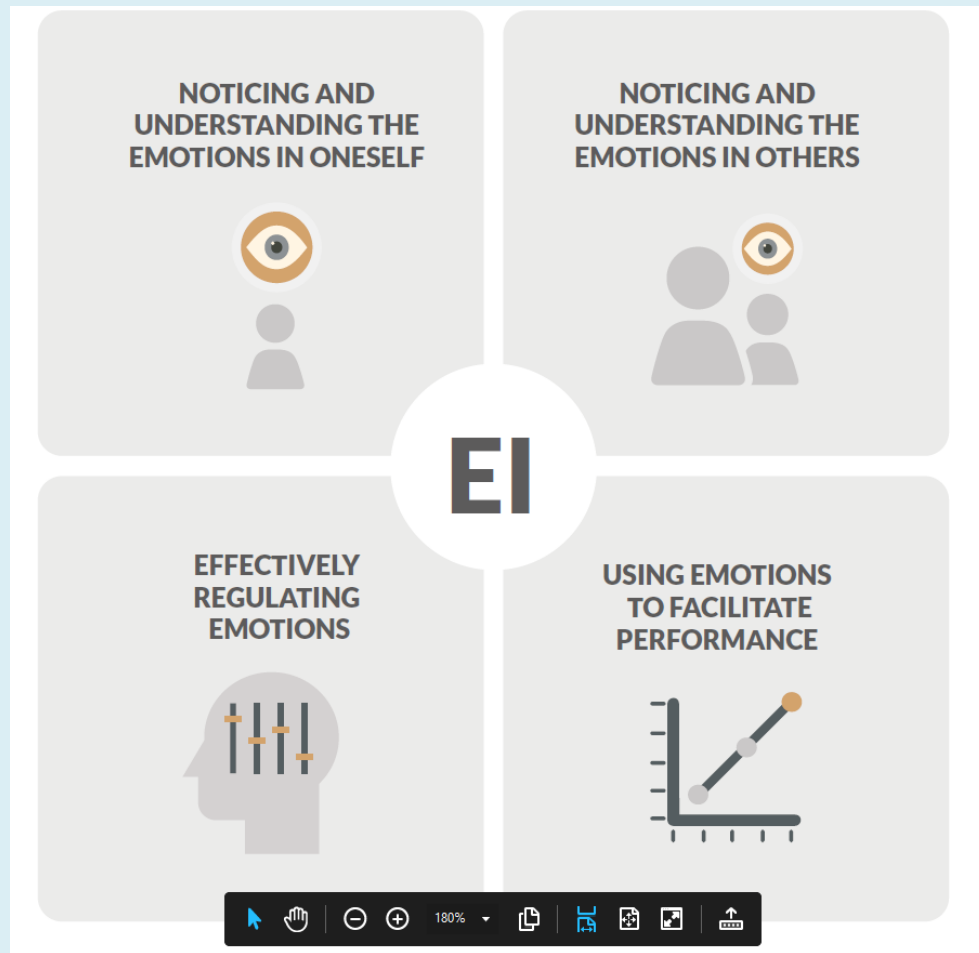
Defined

Quotes

- *emotional intelligence is the ability to recognize/predict/detect an emotion (in you or others) to respond/manage/deal with it properly to succeed because we constantly deal with people and ourselves to achieve our objectives in life...--Alicia Heraz, Meng, Ph.D*

Scientist and API Developer of the emotion analytics dashboard to help empower users with emotional awareness and emotional intelligence)

Emotional Intelligence



Davies, Stankov and Roberts' (1998) four dimensional definition of EI

EMOTIONAL EFFECTOR PATTERNS

The BOS Method
(Bloch-Orthous-Santibanez)

The Science Behind BOS



Importance of

STEP OUT PROCESS

Neutral Breath



- Inhale through nose
- Exhale through relaxed, slightly open mouth
- Body feels tall, relaxed, balanced and floating
- Mouth slightly open and jaw relaxed.
- Eyes are soft but focus out to horizon
- Face is relaxed

STEP OUT



- Look above horizon to a faraway place
- breath in through nose and out through mouth
- Intertwine fingers and bend arms
- raise bent arms over head then squeeze hands and return...Inhale as you lift, and exhale as you return (repeat 3x)
- Gently tap face
- Break Axis with Grotesque



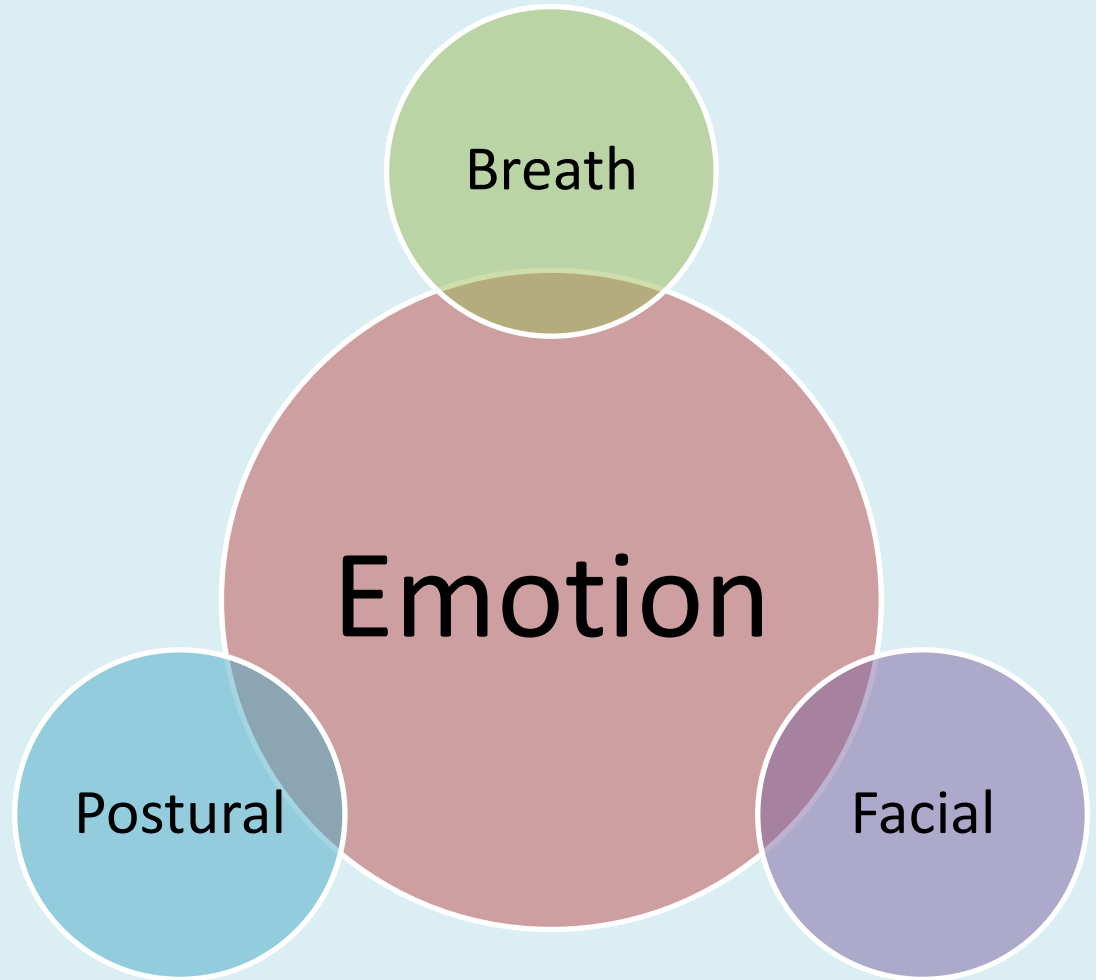
Six Basic Emotions

As explained by Laura Facciponti, Founder of *Emotional Body*, Master Teacher of ALBA Emoting

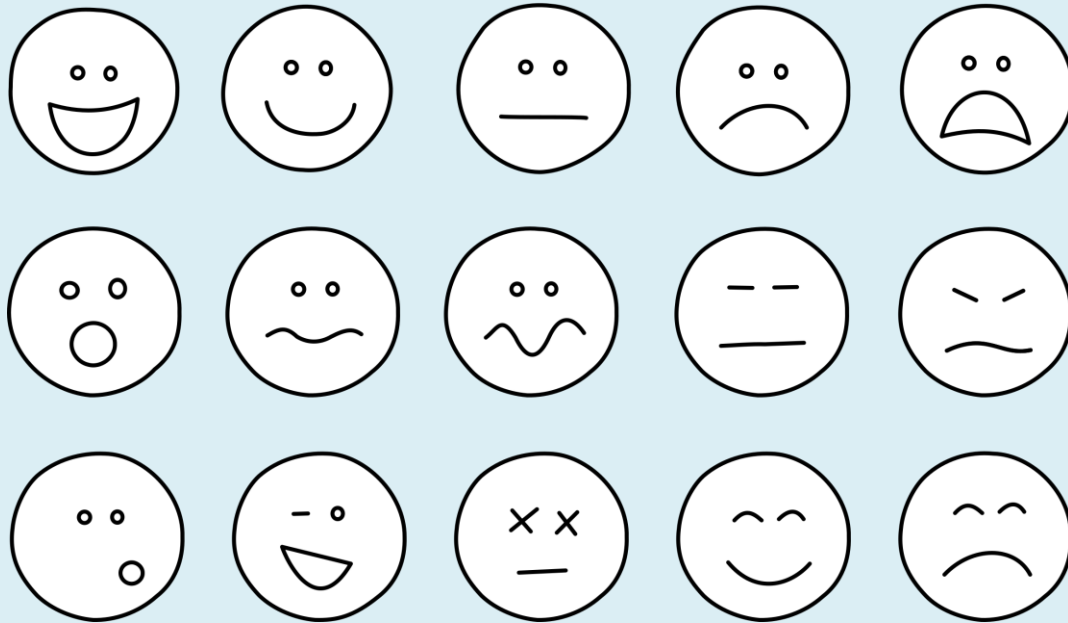
Somatic Training

Emotions are triggered when all three elements are brought together:

- Breath Pattern
- Facial Pattern
- Postural Pattern



Six Basic Effector Patterns

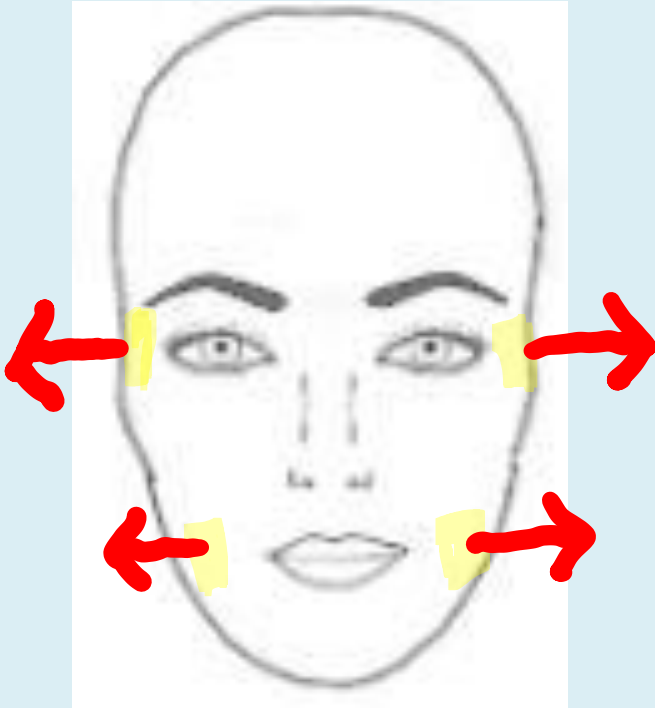


Natural Triggers

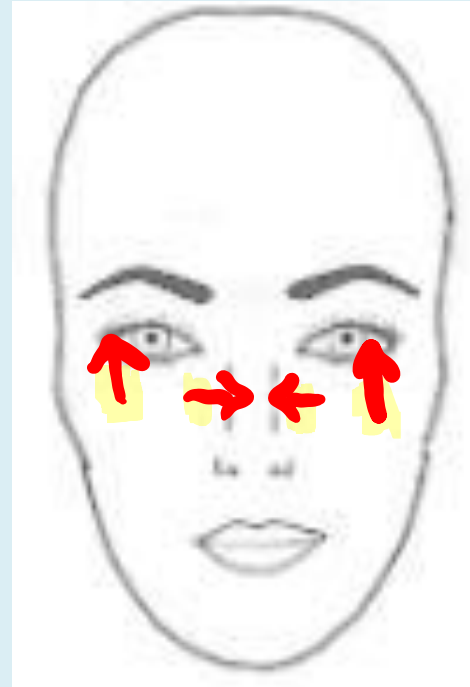
NO VOCABULARY

ALBA 1: Nose Breathing

1 A



1 B



1A & 1B

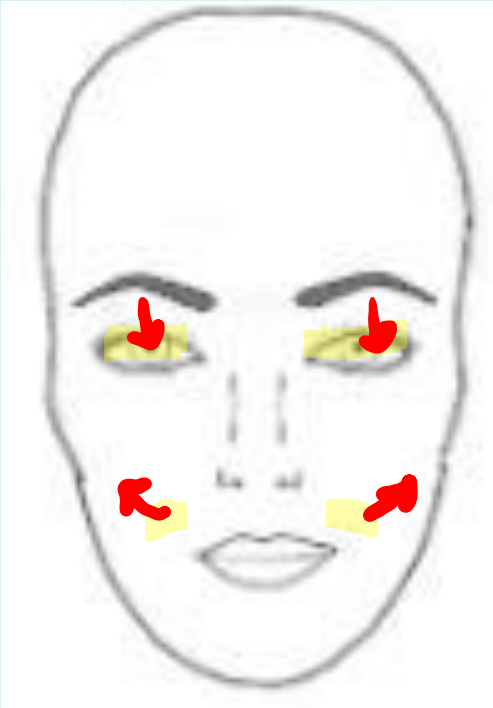


1A & 1B

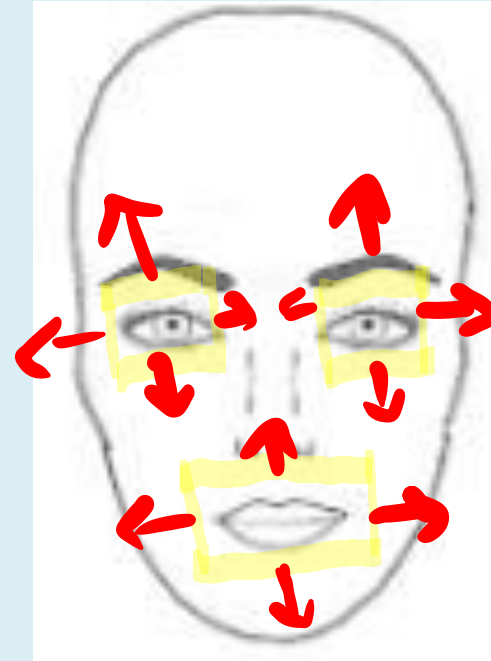


ALBA 2: Mouth Breathing

2 A



2 B



2A & 2B

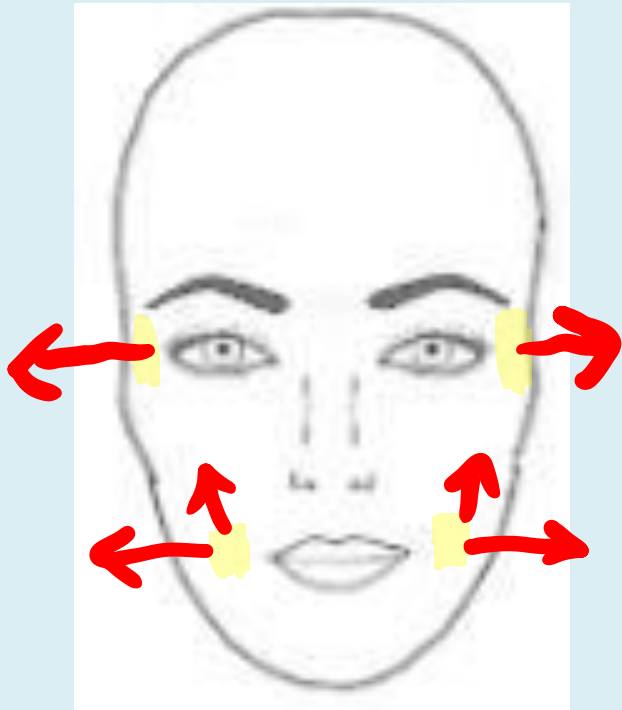


2A & 2B

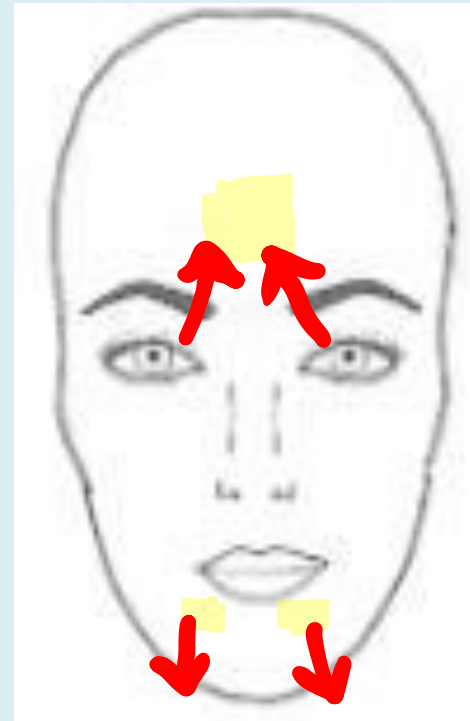


ALBA 3: Nose & Mouth Breathing

3 A



3 B



3A & 3B



3A & 3B

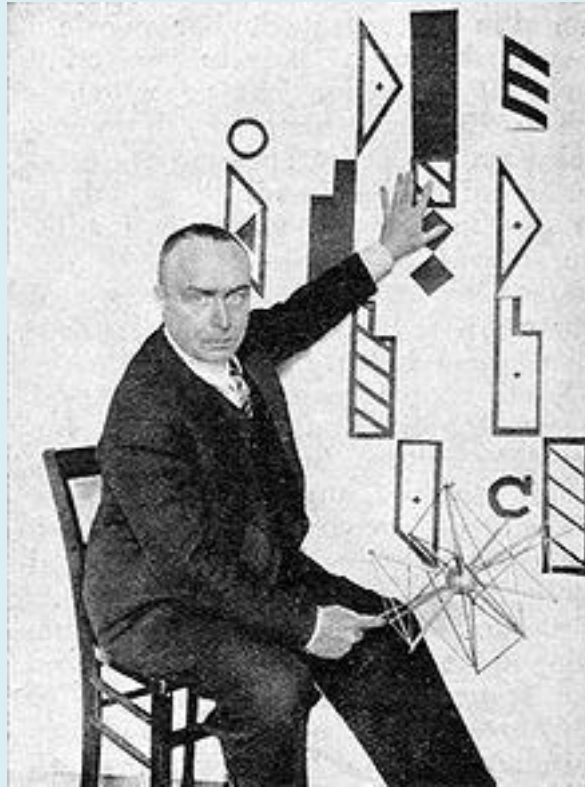


Apply BOS to Text

PLAY TIME

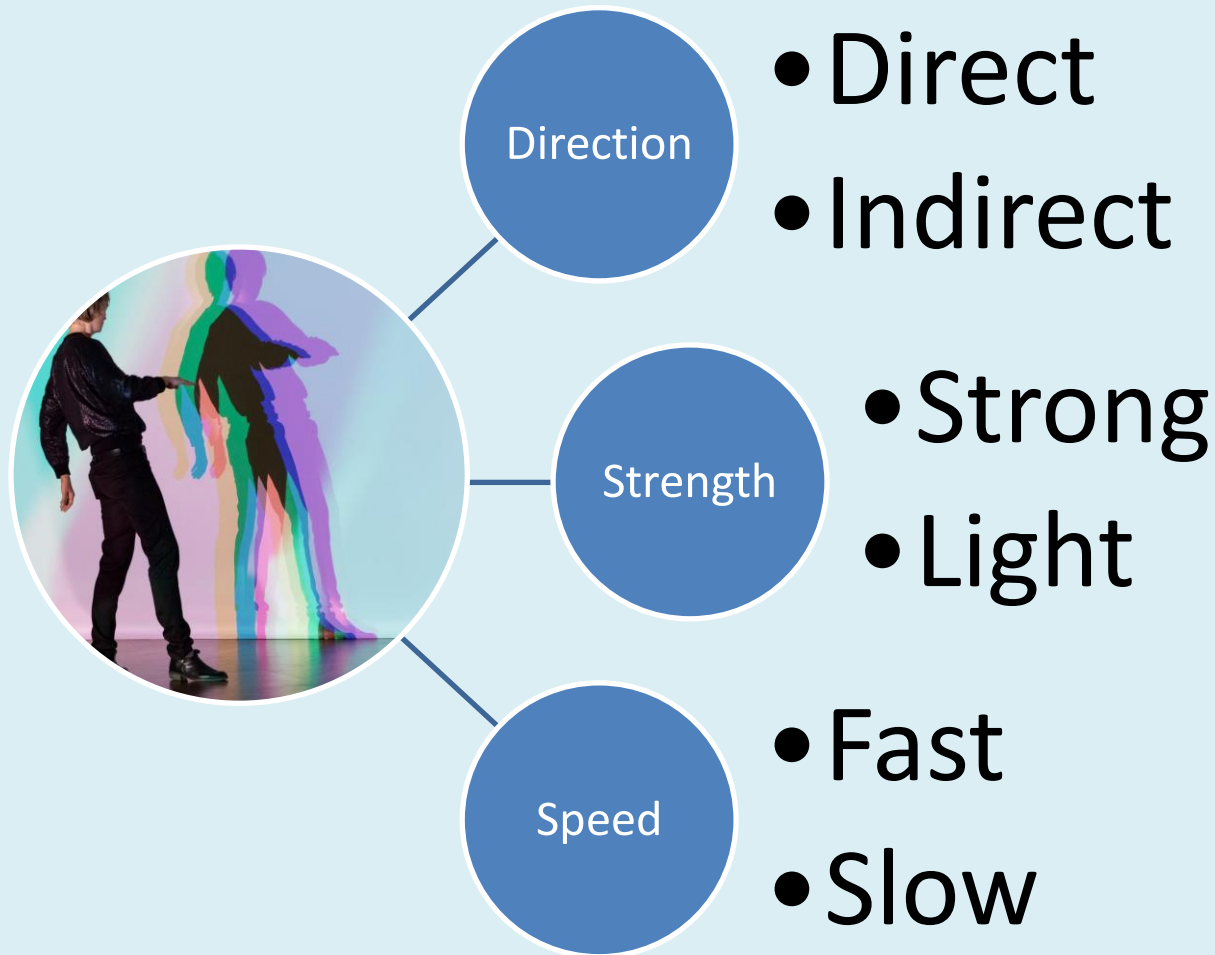


LABAN EFFORTS



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Laban Movement Analysis



Eight Laban Efforts

Punch

Press

Dab

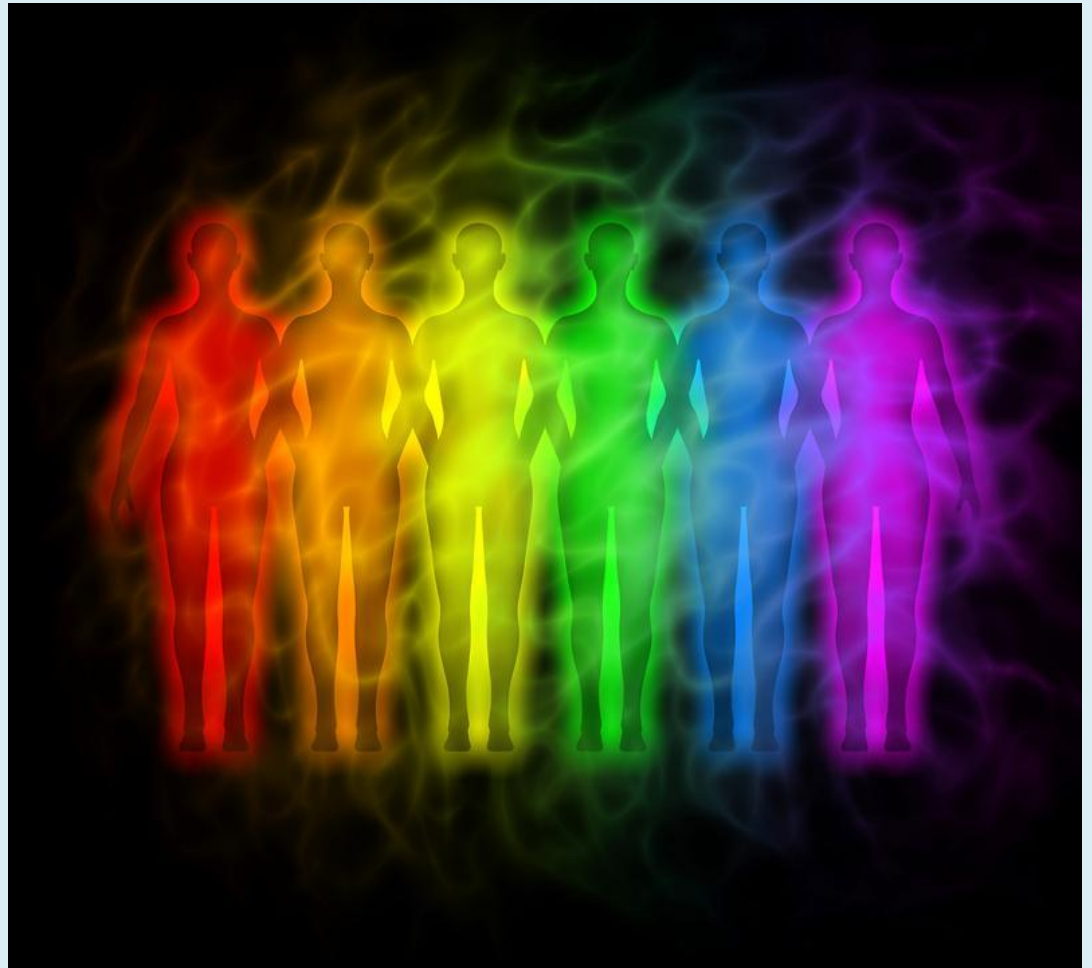
Glide

Slash

Wring

Flick

Float















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Apply Laban to Text

PLAY TIME

Save the Best for Last

Emotions Of Chuck Norris			
			
Regret	Pleasure	Fear	Rage
			
Shame	Desire	Suffering	Disgust
			
Surprise	Confident	Guilt	Love

