**Journal Entry - Emotions**

Name

Learning Time University

**Paragraph: 1**

At my 1st day at work, I was taken to Thomas the in charge of the section that I was working in. He briefed me about the work and the company. Also, he guided me about the rules and regulations that every employee had to follow at work. I was so inquisitive about the things at work, and he guided me about everything calmly, and in a calm way.

**Paragraph: 2**

The other interaction that I had at work was with my co-worker Sarah. She was the first person that greeted among the colleagues, and she gave me a warm welcome. In my conversation with her, she told me about the things at work, the work environment, etc. Sarah introduced me to the rest of the colleagues as well. We asked each other about work experience and qualification. In the very first communication interaction, we became a sort of friends.

**Questions for Paragraph: 1**

How did you feel during that interaction?

Initially, I was quite nervous, but when I started conversing with him I felt a bit relaxed. He was guiding me about the work and the rules at work, in a really calm and relaxed tone. After talking to him for 10 minutes, all my anxiety was gone and I was actually quite excited about working at the company.

What emotions did you make an effort to express (we don't always try to reveal our feelings)?

I was trying to hide that I was confused, and for that, I pretended to be confident, and enthusiastic.

How would you describe the emotions of the other person?

He was quite cheerful, and friendly, but a bit exhausted as he had been briefing the same things to all the new employees.

What emotions adequately describe both you and the other person in the situation?

Enthusiasm, concern, and warmth are the emotions that we both felt during that interaction.

**Questions for Paragraph: 2**

How did you feel during that interaction?

Meeting Sarah was such a warm experience. I felt quite relieved and pleased talking to her.

What emotions did you make an effort to express (we don't always try to reveal our feelings)?

I was very excited, but I tried my best to calm myself, and make myself comfortable.

How would you describe the emotions of the other person?

She was very, cheerful, friendly, and joyful.

What emotions adequately describe both you and the other person in the situation?

We both were quite pleased, excited, and joyful.