METAEMOTIONAL THINKING (With Art Costa)

Thinking and the emotions are often viewed – and portrayed – as phenomena that are at loggerheads with each other, and our job as educators is often viewed as helping students subject themselves to the life of reason and avoid emotion-based action. Indeed, many educators and councilors try to help students drive a wedge between their emotions and their actions specifically by thinking about our actions and avoiding where our emotions often want to pull us. But these two phenomena are linked in a more complex way. Emotions, we know, can play a very important roles in our lives, by alerting us to important life enhancing – and threatening – situations, and they can guide us in the way we respond to them. In this presentation we present a new way of connecting thinking and our emotions that can both enrich and dignify our emotional lives as significant guides to the way we relate to others.