



CHART

The Reflector is designed to allow you to consider your emotions within the Ring of Preferences, outlined in *Knowing and Growing* (McLean 2017). The ring formed by our 'feel good preferences' provides an objective and non-judgemental framework to consider your emotions and their impact on your wellbeing.

The ER provides the following measures

- Your overall *positivity*, that is the percentage of your selected 'feel good' ratings of your total ratings
- *Wellbeing* which is the % of the total ratings accounted for by the emotions in the top half of the ring
- Your percentage share of each of the quadrants
- Your average rating for the emotions in each quadrant
- Your emotions within each of the quadrants are listed in rank order.

These measures are provided to help your thinking. You are not comparing yourself to others or a norm or a standard. This is not a profile of you as a person, but rather a snapshot of the emotions passing through at one particular time/context.

The frequency and intensity ratings for each emotion are multiplied together to create a score on a twenty-five-point scale.

0	1	2	3	4	5	6	8	9	10	12	15	16	20	25
never, or no feeling	hardly ever and very mild	s/times and very mild, or mild and hardly ever	often and very mild, or strong but hardly ever	most of time but very mild, or very strong but hardly ever, or s/times mild	intense but hardly ever, or all the time but mild	s/times strong, or often but mild	mild most of time or s/times very strong	often strong	s/times intense, or mild all the time	strong most of the time, or often and very strong	strong all the time, or often intense	very strong most of the time	always very strong or intense most of time	intense all the time