

Welcome to

Metacognitive Training for Depression (D-MCT)

12/14

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D-MCT: Satellite Position



Today's Topic



Behavior

Memory

Depression

Perception of
Feelings

Thinking and
Reasoning

Self-Worth

Today's D-MCT Topic:



Perception of Feelings

Perception of nonverbal cues

Example: A person crosses their arms.



Perception of nonverbal cues

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Why?



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- **Environment/Situation** → When someone crosses their arms in the winter, it's probably because they're cold!
- **Self-observation** → When do I cross my arms?
(But: Watch out! You can't always assume the reasons for your behaviors are the same as others!)

What helps to find the answer?

- **Prior knowledge about the person** → Does the person tend to be anxious, arrogant, etc.?
- **Environment/Situation** → When someone crosses their arms in the winter, it's probably because they're cold!
- **Self-observation** → When do I cross my arms? (But: Watch out! You can't always assume the reasons for your behaviors are the same as others!)
- **Facial expressions (mimics)** → Does the other person look annoyed, friendly, etc.?

How does this relate to depression?

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Studies show that many people with depression ...

- have difficulties assessing the emotional expressions of others
- and tend to judge **neutral** facial expressions as **sad**.

Feelings

Feelings

- Happiness
- Surprise
- Fear
- Sadness
- Anger
- Disgust

- Shame
- Guilt

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Basic emotions

- Shame
- Guilt

Socially induced feelings

Different basic emotions

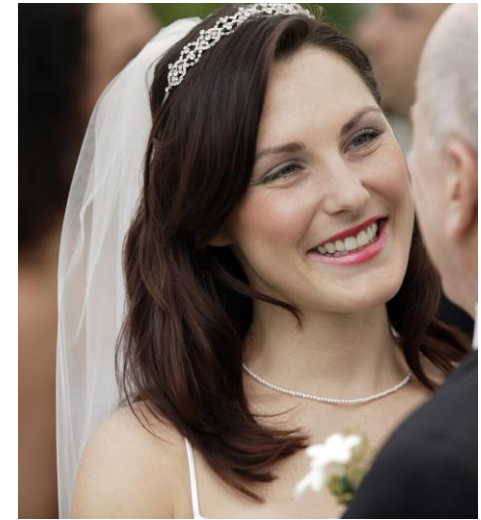
Sometimes it's easy to understand what someone is experiencing. For example, when you have more information.



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Different basic emotions

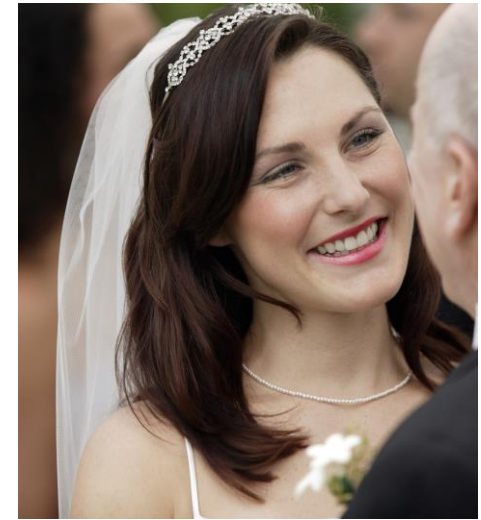
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Sadness



Disgust



Happiness



Anger



Surprise

1.



2.



3.



4.



5.



It becomes more difficult when we do not know the person and do not have other clues!

1.



2.



3.



4.



5.



It becomes more difficult when we do not know the person and do not have other clues!

Try to assign specific emotions to each of the figures 1 through 5.

1.



anger

2.



surprise

3.



sadness

4.



happiness

5.



anxiety

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Try to assign specific emotions to each of the figures 1 through 5.

Exercise

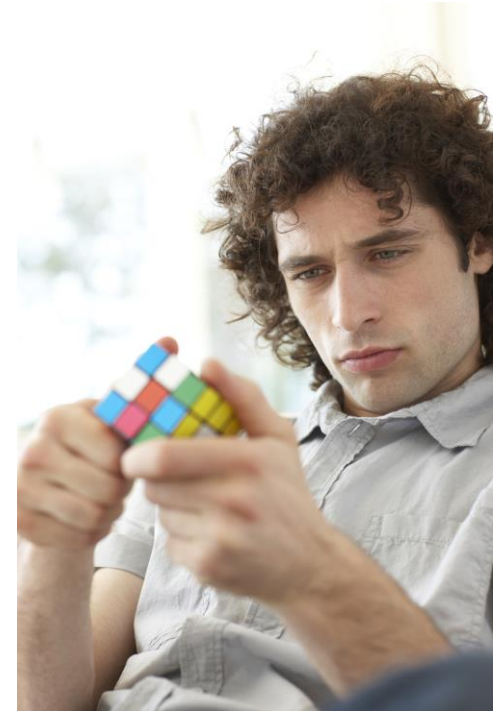
You will be shown part of a picture. You are to decide what is going on for that person – what is that person experiencing?

1. Man tries to solve a riddle.
2. Man plays music passionately.
3. Man is upset about a bill.
4. Man is grieving about his dead pet.



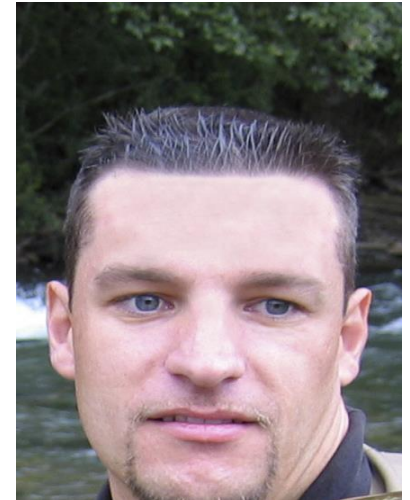
*Picture
piece!*

1. Man tries to solve a riddle.
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Concentration!

1. Man worries about his broken paddle.
2. Man just caught a big fish.
3. Man poses for a holiday picture.
4. Man is disgusted by an animal carcass.



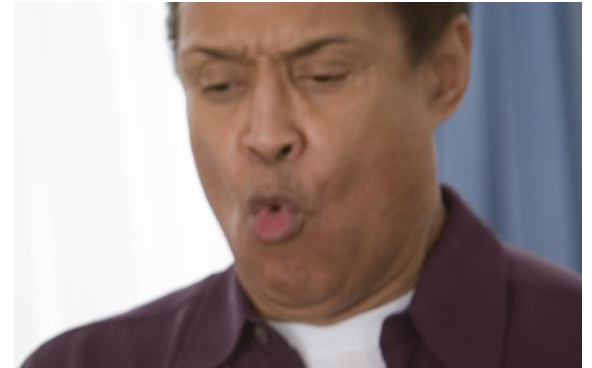
*Picture
piece!*

1. Man worries about his broken paddle.
2. Man just caught a big fish.
3. Man poses for a holiday picture.
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Proud!

1. Man is alarmed by a bloody finger.
2. Man is upset about spilled coffee.
3. Man is excited about a birthday cake.
4. Man is surprised by a message.



Picture piece!

1. Man is alarmed by a bloody finger.
2. Man is upset about spilled coffee.
3. Man is excited about a birthday cake.
4. Man is surprised by a message.



Happiness!

1. Man is shocked by a motor-vehicle accident.
2. Man is pleased by a surprisingly good offer.
3. Man admires a magician performing on the street.
4. Man is angry about his boxed-in car.



Picture piece!

1. Man is shocked by a motor-vehicle accident.
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Surprise!

First conclusions!

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- Many people, either by nature, due to illness (e.g., Parkinson's Disease) or because of substances (e.g., Botulinumtoxin/Botox[®], antipsychotics), have less pronounced expressions, so that their feelings cannot be clearly interpreted.

First conclusions!

- Facial expressions and gestures, as we saw, cannot always always be clearly interpreted!
- Many people, either by nature, due to illness (e.g., Parkinson's Disease) or because of substances (e.g., Botulinumtoxin/Botox[®], antipsychotics), have less pronounced expressions, so that their feelings cannot be clearly interpreted.
- Further information (situation, previous knowledge about the person, direct questions) should be consulted before facial expressions and gestures are interpreted with certainty.

Imagine you enter a bank and meet the following consultant:



What do you think when you see the man in this photo?



Your mood is:

 happy

 sad

 angry

Possible thoughts:

???

???

???

What do you think when you see the man in this photo?



Your mood is:

 happy

 sad

 angry

Possible thoughts:

... he looks nice. Let's hear his advice. If it is not enticing, I will leave.

...so young and already so successful. He surely thinks I am a ridiculous person

...he knows that he can sell me anything. He wants to rip me off.

Second conclusion

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- Studies show that your own mood influences how you interpret the facial expressions and gestures of others!
- During depression, we also often assume that others are rejecting us ("reading negative thoughts of others").
- Facial expressions and gestures are also not seen through "rose-colored glasses", but more often they are interpreted through gray lenses.



What are feelings
actually good for?



???

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1. Feelings are used for communication

- Feelings are shown in facial expressions. They often convey information faster than words; sometimes even before we can consciously realize it ("something is strange", "gut instinct").

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What could depressive feelings signal to myself or others?

- Others: ???
- Self: ???

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- Feelings are shown in facial expressions. They often convey information faster than words; sometimes even before we can consciously realize it ("something is strange", "gut instinct").

What could depressive feelings signal to myself or others?

- **Others:** need for help
- **Self:** exhaustion, overworked, unresolved conflicts

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Example, which behaviors can depression prepare us for?

- ???

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2. Emotions prepare **behaviors**.

- They allow us to act quickly in important situations without having to think about it.

Example, which behaviors can depression prepare us for?

- Withdrawal (wound licking)
- The possibility to remove oneself from overwhelming situations and to regenerate
- Abandon unattainable and unrealistic goals

What are feelings actually good for?



3. Emotions ensure that we feel **alive!**
 - Without negative feelings, there would not be any positive ones!

Do feelings always reflect reality?





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Do feelings always reflect reality?

- No, feelings must not always be "correct"!
 - When I feel worthless, that does not mean I am worthless!
 - Therefore, feelings may at times be a bad advisor!
- Often people with depression tend to use "emotional reasoning," which means that they believe negative feelings express exactly what is really happening ("I feel offended – so, you must have insulted me!").



Perception of Feelings

Learning Points



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- But feelings are not always “facts.” Just because I feel rejected does not mean that I am rejected.



Perception of Feelings

Learning Points

- Behavior that accompanies feelings is very efficient. It has many functions and is important for survival.
- But feelings are not always “facts.” Just because I feel rejected does not mean that I am rejected.
- Facial expressions and gestures of others are important clues for the feelings of others. However, one can be misled!



Perception of Feelings

Learning Points

- To assess other people, you should consider other information in addition to facial expressions (previous knowledge of someone, actual situation, etc.).



Perception of Feelings

Learning Points

- To assess other people, you should consider other information in addition to facial expressions (previous knowledge of someone, actual situation, etc.).
- Your own mood has a large impact on how you perceive the world around you.

Thank you!

