



Psychologist Dr. Susan David Talks About Emotional Agility

Dr. Susan David is a South African psychologist, speaker and author. Her most influential book was “Emotional Agility”, a self-help book exploring the concept of managing your own emotions. The concept of emotional agility was named the best business management idea of the year by Harvard Business Review, making her one of the most influential thinkers in the psychology of emotion. Her 2018 TED Talk on the subject has amassed over 6 million views.

Dr. Susan David is originally from South Africa. She speaks with a fairly mild but still very noticeable South African accent. Watch the video in the link below, and answer the questions with as much information as possible.

https://www.youtube.com/watch?v=2rM_JwQ1O6w

Vocabulary to check before answering the questions:

innocuous - completely harmless.

a birthright - a privilege or a possession that someone receives when they are born.

to beat yourself up - to criticise yourself heavily.

to ruminate on/dwell on/to brood - to think deeply about something.

opportunity costs - opportunities that you missed because you chose another path.

1. **(00:00-00:15)** Why does the interviewer believe that the topic of negative emotions is so important in today's world?
2. **(00:15-00:33)** According to Dr. Susan David, our negative emotions have evolved to help us to do which 3 things?
3. **(00:33-01:30)** What do our negative emotions help us to do according to Charles Darwin?
4. **(01:30-02:40)** What is the traditional way to deal emotionally with hard times, and why is this potentially damaging according to research?
5. **(02:40-04:06)** What are we led to believe about happiness in today's world, and what are the drawbacks of this?
6. **(04:06-04:30)** What things did the interviewer worry about during the Covid 19 crisis and in what order?
7. **(04:31-06:26)** What are 2 unhealthy ways that people deal with negative emotions, and what are the terms that Dr. Susan David uses to define these?



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8. **(06:26-06:40)** How does the interviewer often deal with his negative emotions and how is this 'effective'?
9. **(06:40-06:55)** What are the exact words that Dr. Susan David says during these 15 seconds?
10. **(06:55-07:50)** What are 3 examples of situations whereby we might try to avoid our emotions, and when can this become a problem?
11. **(07:50-08:26)** What example does Dr. Susan David give for why we should go back and process our emotions?
12. **(08:47-09:56)** When experiencing difficult times, what do you think Dr. Susan David means by 'grit through' difficult times, and when should we do this?