



## Answers

1. **(00:00-00:15)** Why does the interviewer believe that the topic of negative emotions is so important in today's world?  
**Because we are about to go into a financially devastating period.**
2. **(00:15-00:33)** According to Dr. Susan David, our negative emotions have evolved to help us to do which 3 things?  
**They help us to adapt, survive and be effective in our lives.**
3. **(00:33-01:30)** What do our negative emotions help us to do according to Charles Darwin?  
**They help us to communicate with ourselves and other people. The tough feeling is there to tell us that something matters to us, that it is something that we care about or we want to move towards.**
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?  
**The traditional way is to stay positive, to be resilient and to keep a good attitude. Staying positive can actually make a person less resilient and more fragile. Research states that being positive in difficult times means that we are not dealing with the world as it is.**
5. **(02:40-04:06)** What are we led to believe about happiness in today's world, and what are the drawbacks of this?  
**We are led to believe that being positive and being happy is a birthright, but you cannot go through life or business without experiencing heartbreak, economic challenge or a situation whereby you are unhealthy. Therefore, people start beating themselves up when they feel anything other than happy, and we are not developing the skills to deal with the world as it is.**
6. **(04:06-04:30)** What things did the interviewer worry about during the Covid 19 crisis and in what order?  
**He worried firstly about the economic consequences. Then he started worrying about the health crisis, the mental health crisis, and now the economic crisis again.**
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?
  1. **Brooding - We get stuck in our negative emotions, we 'brood' on them, we ruminate, we obsess over them and we dwell on them in a way which paralyses us.**
  2. **Bottling - The second way is that we try to stay positive and we push through. In some ways this means that we are ignoring our negative emotions.**



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8. **(06:26-06:40)** How does the interviewer often deal with his negative emotions and how is this 'effective'?
- The interview bottles up his emotions, and he says that this is really effective from the perspective of getting things done.**
9. **(06:40-06:55)** What are the exact words that Dr. Susan David says during these 15 seconds?
- [see page 5 for a mini transcript and accent guide]**
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?
- You have a project that you have got to move forward with; you have an interview that you have got to do, or you have a relationship that you want to be in. This is problematic when you do this in a consistent way and you never go back to process your emotions.**
11. **(07:50-08:26)** What example does Dr. Susan David give for why we should go back and process our emotions?
- If you are not happy in your job, and then you say 'well at least I've got a job', then 5 years later you will still be unhappy in your job but you will have lost 5 years. This is because you haven't used the signposts that your emotions are giving you to analyse why you might be unhappy in your job.**
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?
- To grit through difficult times means to persist through the difficult time stubbornly regardless of how it makes you feel.**
- If something aligns with your values, if it has a chance of success and this thing is for you, then you should 'grit through' the difficult time. If your emotions tell you that maybe this isn't going to work, such as in a relationship, then it would be detrimental, a waste of time and even 'stupid' to grit through.**



## Answer to Question 9 and Guide to Some Features of a South African English Accent

### Transcript of the video (06:40-06:55)

South African English accents can be split into 3 varieties, which are cultivated, general and broad. Dr. Susan David speaks with a cultivated South African English accent, which is spoken mainly by middle and upper class South African English speakers. The characteristics of this are similar to a general South African English accent, but closer to a Received Pronunciation Standard English accent.

#### Key - Some differences between a Cultivated South African English accent and Standard English:

**Small Purple Text** 'i' sounds as in 'kit' sound a little bit flatter in unstressed syllables, almost like an 'e' or a lazy 'schwa' sound.

This is written below as 'e'

**Red text** 'ai' sounds as in 'rise' and 'by' are sometimes pronounced as 'aa'.

This is used sometimes but not always by Dr. Susan David, and is written below as 'aa'.

**Green text** 'oo' sounds such as 'goose', 'shoe' and 'interview' are sometimes pronounced similarly to a German /ü/ sound.

This is like a deep 'uu' sound written below as 'uu'

**Light Yellow text** 'r' sounds before consonants, or at the end of a sentence are not pronounced

South African English is a 'non-rhotic' accent, which means that 'r' sounds are only pronounced before vowels. This is the same as in many British English accents as well as Australian English accents, but not US accents.

**Small text** 'filler' words such as 'are / a / can / of / for / from' are reduced to very quick sounds which are hard to hear. Each of these words contains some form of 'schwa' sound, which is a kind of lazy 'uh' sound. This occurs in all English accents, including US accents. This lazy 'uh' sound is in fact the most common vowel sound in British, American and Australian English. It is used also in formal and professional settings, and it is in fact essential to maintain the natural rhythm of the English language.

**Grey text** The real transcript of the video

So, If you are going for a job interview and your girlfriend broke up with you the night

before... yes baa all means put your difficult emotions aside and go in for the job

interview and put on your best show