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THE USE OF MODERN TECHNIQUES TO WORK WITH THE EMOTIONAL SPHERE OF PERSONALITY

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Annotation. The article discusses modern psychological techniques aimed at the development and correction of the emotional sphere of personality. The expediency of an integrative approach when dealing with emotional states, anxiety and internal conflicts is substantiated. Exercises are presented that allow you to work out negative thoughts, reduce stress, develop skills for a positive attitude and responding to a problematic situation.

Keywords: training, emotional sphere of personality, anxiety, coaching, projection, self-regulation, psychological counseling.

The emotional sphere of a person is an essential component of a person's mental organization. It includes a set of emotional states, feelings, affects, regulatory mechanisms, and ways of expressing experiences. In modern conditions of social instability, an accelerated pace of life and an increase in psycho-emotional stress, there is an increasing need for effective methods of psychological assistance aimed at developing emotional awareness and resilience. Modern practical psychology offers a wide range of techniques combining cognitive, projective and creative mechanisms of influence. Their integration allows for a deeper and more comprehensive approach to working with the emotional sphere of a person.

The problem of emotional regulation has been considered in the works of such researchers as Paul Ekman (4,5), Daniel Goleman (1), Zenina S. R., Lubnina L.V. (2), Lazurenko A. S. (3) and others.

Paul Ekman's research on the universality of emotional expressions has confirmed the biological basis of basic emotions and their universal mimic representation. The concept of emotional intelligence, developed by Daniel Goleman, emphasized the role of awareness and emotion management in the context of social success. Research shows that emotional intelligence training improves emotional awareness and the ability to self-regulate, which makes the model practice-oriented and effective in educational and clinical psychology.

Within the framework of analytical psychology, Carl Gustav Jung considered the symbol as an intermediary between the conscious and the unconscious, which became the theoretical basis for art therapy and projective techniques.

Modern research on emotional regulation by J. Gross highlights the difference between regulatory strategies — cognitive rethinking, suppression of expression, avoidance — and their impact on mental health. The procedural model of emotional regulation by J. Gross presents emotion as a multi-stage dynamic process and identifies regulation strategies depending on the point of their activation. Cognitive reappraisal is recognized as the central mechanism of adaptive regulation, and flexibility in choosing strategies is the most important indicator of psychological maturity. The Gross model serves as a theoretical basis for the development of interventions aimed at developing skills of cognitive reappraisal and conscious regulation of emotions.

Modern approaches to working with the emotional sphere are based on the following principles: recognizing the role of unconscious processes, using symbolization as a mechanism for expressing emotions, developing emotional intelligence, and developing self-regulation skills. An integrative approach combining elements of art therapy, coaching, and projective diagnostics is increasingly being used in counseling practice. In this article, we have tried to substantiate and describe the possibilities of using modern psychological techniques in working with the emotional sphere of personality.

Let's focus on individual exercises that we applied in groups.

Exercise: "Stress map". The purpose of this exercise is to identify the sources of stress. The group is given a task: write down 3 situations that have bothered you over the past week, rating them from 1 to 5 points.

The "Case analysis" method has proven itself well in group work. You can work with several groups at the same time (5 people each). Each group is working on one case, identifying the source of stress, and suggesting strategies to solve the problem.

For example, we have proposed cases related to a tense situation between a student and a teacher. For example: "The student is dissatisfied with the exam result, shows aggression towards the teacher." Suggested questions for discussion: how should a teacher deal with their emotions at the moment? Which phrases will mitigate the situation, and which ones, on the contrary, will provoke a conflict? There is a discussion in the group after work. And the teacher offers techniques and strategies for

getting out of this situation. The technique of "Stop", "Open question + active listening", etc. has proven itself well.

The following exercise, which can be used with group work, is aimed at developing the ability to distinguish between factors that we can and cannot control, which will allow us to better cope with stress and problems. The group members are asked to draw a circle, inside which the situations are indicated. Which we can change, outside the circle is something that does not depend on us. The proposed discussion questions allow participants to understand how to reduce emotional discomfort.:

- Why do we worry about things that we can't control?
- What strategies help influence the inner circle?

The group is showing great interest in cancellations based on cognitive behavioral therapy. The group is given a task: "Change your thoughts": negative thinking → constructive thinking (CBT technique).

Each group chooses its own stressful situation, writes down a negative thought ("I won't be able to do this job"), and creates a realistic alternative thought ("I'll do my best and seek help if necessary").

For example, the following negative constructions were suggested: "If I'm constantly tired, it means I don't like my job," "I have to do everything perfectly, otherwise I'll be considered a loser." "It's noisy in my classes, so I'm a bad teacher."

Of particular interest is the use of Descartes' square in group work, which allows us to analyze a tense situation and find a solution that we can control and change.

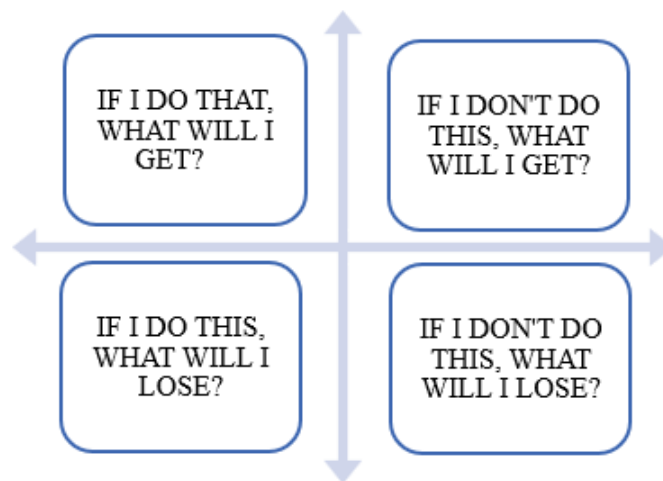


Fig. 1. The Descartes Square

The essence of the assignment is to discuss the following aspects:

- ✓ Important + what we can change
- ✓ Important + what we can 't change
- ✓ It doesn 't matter + what we can change
- ✓ It doesn 't matter + what we can 't change

To reduce anxiety and emotional stress, as well as strengthen trust in the group through joint reflection, the group was offered the task "Emotional Mandala". Participants draw circles. Each segment displays the emotions they are feeling at the moment using colors, shapes, and lines. Then, each participant briefly tells the group

about his mandala: What emotions did he express? Which images or colors turned out to be the most significant? What did he feel during the work? Etc.

And of course, after working through these issues in the group, at the end we proposed techniques that allow us to manage our emotional state: breathing techniques 4-4-4 method: inhale 4 seconds, hold 4 seconds, exhale 4 seconds. Gradual relaxation of muscles. Time planning: making a daily list of main tasks, dividing large tasks into small ones.

We have provided several practical exercises that allow us to demonstrate their high effectiveness in dealing with anxiety, emotional instability and internal conflicts. The integrative approach provides: multidimensional impact (cognitive, emotional and behavioral levels); reduction of resistance of group members; formation of stable self-regulation skills; improvement of emotional competence.

Unlike exclusively rational methods of counseling, the use of imaginative and creative techniques allows you to activate the deeper layers of the psyche. The high efficiency and effectiveness of the use of an integrative complex of modern techniques has been revealed, which helps to increase the level of emotional awareness, reduce anxiety and develop personal self-regulation skills in comparison with using exclusively verbal methods of counseling.

Our results in working with groups can be used in individual psychological counseling, educational programs for the development of emotional intelligence, and burnout prevention programs.

Thus, modern techniques of working with the emotional sphere of personality demonstrate high effectiveness due to a combination of symbolic, cognitive and behavioral components. Their integration allows for a deeper and more environmentally friendly transformation of emotional states and promotes the development of personal stability.

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