

❖ Receive: Feel (*The Mood Metre*)

The Mood Metre was developed by Marc Brackett to help recognize and label emotions in order to strengthen emotional intelligence. For improv, it provides a map to deepen the expression in our own music and begin to understand, mirror, and complement the expression of others.

The feelings are plotted on two axioms that can translate to your musical theory like this:

1. Low > high pleasantness = dissonance > harmony
2. Low > high pleasantness = staccato > legato
3. Low > high energy = downtempo > uptempo
4. Low > high energy = soft > loud

Level 1

| | | | | | | | |
|------------|--------------|--------------|-------------|--------------|-----------|-------------|------------|
| Enraged | Panicked | Jittery | Stunned | Upbeat | Festive | Exhilarated | Ecstatic |
| Furious | Frightened | Fuming | Restless | Motivated | Inspired | Elated | Optimistic |
| Repulsed | Irritated | Apprehensive | Concerned | Enthusiastic | Thrilled | Energized | Focused |
| Disgusted | Disappointed | Apathetic | Pessimistic | Secure | Satisfied | Fulfilled | Touched |
| Morose | Discouraged | Alienated | Miserable | Relaxed | Blessed | Balanced | Peaceful |
| Despondent | Exhausted | Fatigued | Desolate | Complacent | Tranquil | Carefree | Serene |

Level 2/3

| | | | | | | | |
|-----------|----------|-----------|------------|-----------|----------|---------|-----------|
| Livid | Stressed | Shocked | Frustrated | Surprised | Cheerful | Lively | Excited |
| Fuming | Nervous | Tense | Annoyed | Jolly | Happy | Proud | Pleased |
| Concerned | Peeved | Angry | Mad | Nice | Joyful | Playful | Hopeful |
| Glum | Down | Sad | Bored | At ease | Content | Loving | Calm |
| Lonely | Tired | Depressed | Exhausted | Chill | Restful | Mellow | Restful |
| Spent | Drained | Low | Blue | Cozy | Comfy | Sleepy | Delighted |

NUGGET:

PERSONAL CONNECTION: When you explore feelings, relate them to common activities or experiences to help make relevant connections. For example, “What is an activity you do that makes you feel mellow?” *Beware of the never ending “dead pet” train when you talk about sad feelings!*

