

Example Scenario 1 - MindVerse

MindVerse works like a compiler with different methods and perspective-changing scenarios that fit your condition.

The emotion of anger (Cognitive Behavioral Therapy (CBT))

Based on the book “the courage to be disliked” which was written based on Adolf Adler’s individual psychology. It described the reason why you will have such emotion and is based on Cognitive behavioural therapy to help you make a realization and develop coping strategies.

Understanding the emotion:

Anger is a tool for you to use to solve problems most quickly by making others “submit” to you.

Also, it is a tool to make you look stronger, so others will “submit” to you.

Some situations that can make you angry-

Someone doesn’t follow your words, even if you said them many times. Anger makes them remember your words.

Someone offends you. Anger lets them know your strength.

What do you do next time you feel angry? (coping strategies)

For situation a, you can explain to them clearly why you asked to do those things in the first place.

For situation b, you first understand they won’t hurt you, and understand why are they doing this.

The general solution from the book “Non-violent communication is”

How to behave so you can express your feeling while letting others know how they should do without feeling offensive.

Describe what happened objectively.

Describe how you feel now.

Describe what you hope they can do.

In the game, you will play as different people and choose different actions in a group of people when someone starts to be angry and starts to shout. By doing so, you will know how everyone feels, and realize the emotion of anger, where it comes from, how is it going to affect others, and what kind of actions can alter the arise and result of the behaviour of anger.