

Weekly Mood Tracker

NEURODIVERGENT INSIGHTS

The Arousal-Valence Model of Emotions

What is the Arousal-Valence Model?

The Arousal-Valence Matrix is a visual aid that can help with identifying emotions. This tool plots emotions on a graph with arousal and valence axes. Arousal refers to the intensity of the emotion, while valence refers to whether the emotion is positive or negative.

For example, happiness, excitement, fear, and anger would be plotted high on the arousal axis, while calm or sad emotions would be lower on the arousal axis. Meanwhile, positive emotions like joy or love would be on the right side of the valence axis, while negative emotions like fear or sadness would be on the left.

The matrix has four quadrants: high arousal/high valence (such as excitement or joy), high arousal/low valence (such as anger or fear), low arousal/high valence (such as contentment or relaxation), and low arousal/low valence (such as boredom or sadness).

The arousal-valence matrix is helpful because it helps you identify your emotions and explains what might be causing them. For example, if you're feeling anger, you might look at the high arousal/low valence quadrant and see that other emotions include fear and frustration. This might give you insight into what's causing your anger and help you address it more effectively.

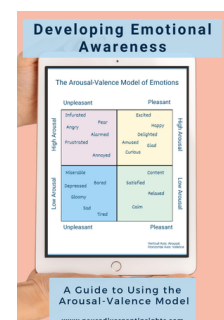
The Arousal-Valence Model of Emotions

How to Use the Arousal-Valence Model

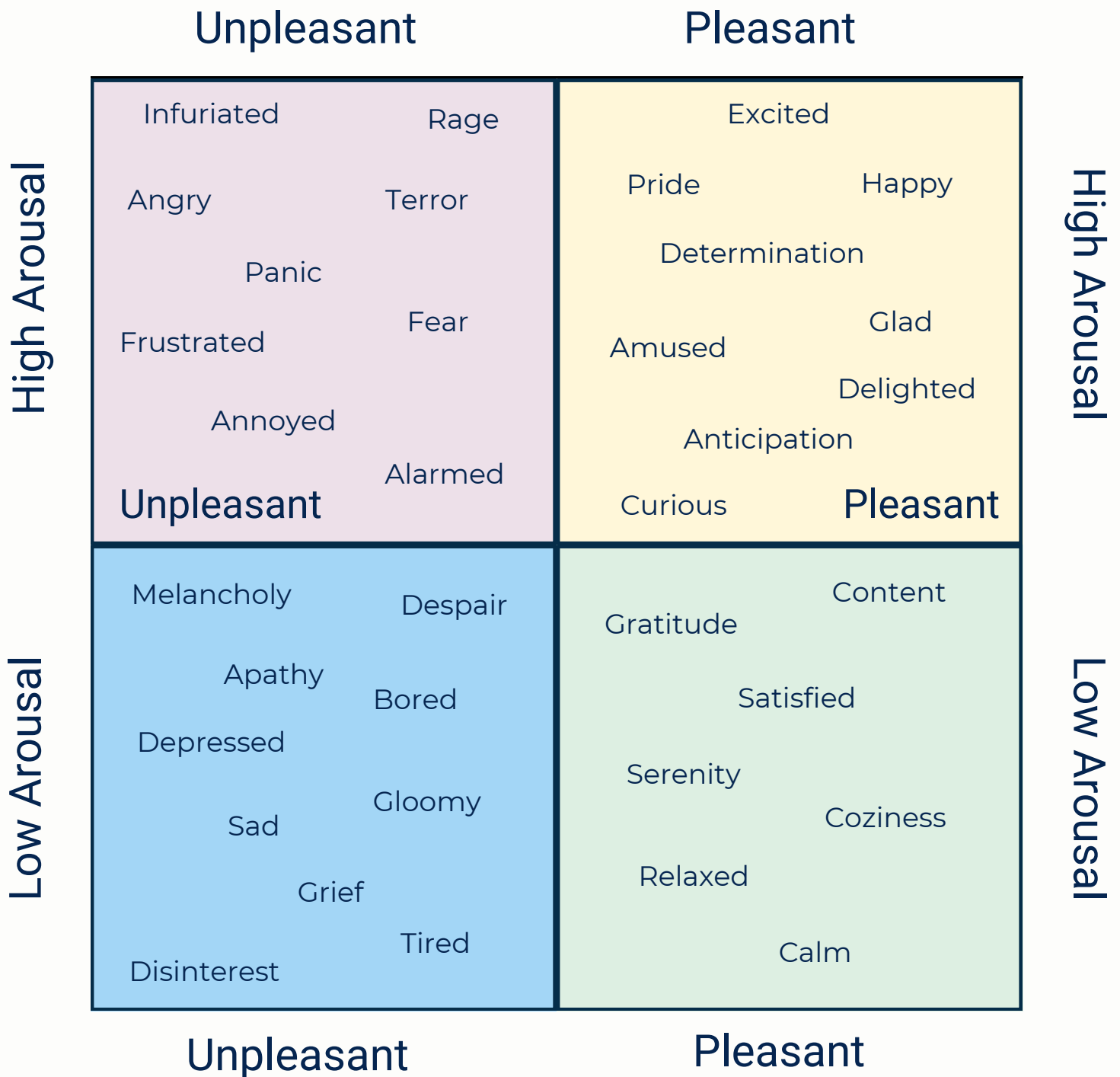
To use the Arousal-Valence Matrix, simply follow these steps

- ◆ First, identify your energy level (high or low)
- ◆ Next, identify where you are on the pleasant to unpleasant spectrum
- ◆ Once you have found the quadrant you're in, see if you can identify the emotion more specifically (sad, bored, calm, surprised etc.). Keep in mind you may be feeling more than one emotion at once!
- ◆ After identifying the quadrant and emotion, use this as a guide for what to do next. The matrix can inform you about what you need at any given moment. For example, if you are feeling high arousal and negative valence, you might try deep breathing or other relaxation techniques intended to down-regulate and lower the intensity of the emotion. Alternatively, if you feel low arousal and low valence, you might engage in an activity that will increase your energy and positive mood, such as movement, gentle stretches or listening to upbeat music, or spending time in a special interest.

To learn more [go read the article here](#), or [go pin it to save it for later](#).



The Arousal-Pleasure Matrix of Emotions



Vertical Axis: Arousal,
Horizontal Axis: Pleasure

Arousal-Valence Matrix

Unpleasant

Pleasant

High Arousal

High Arousal

Unpleasant

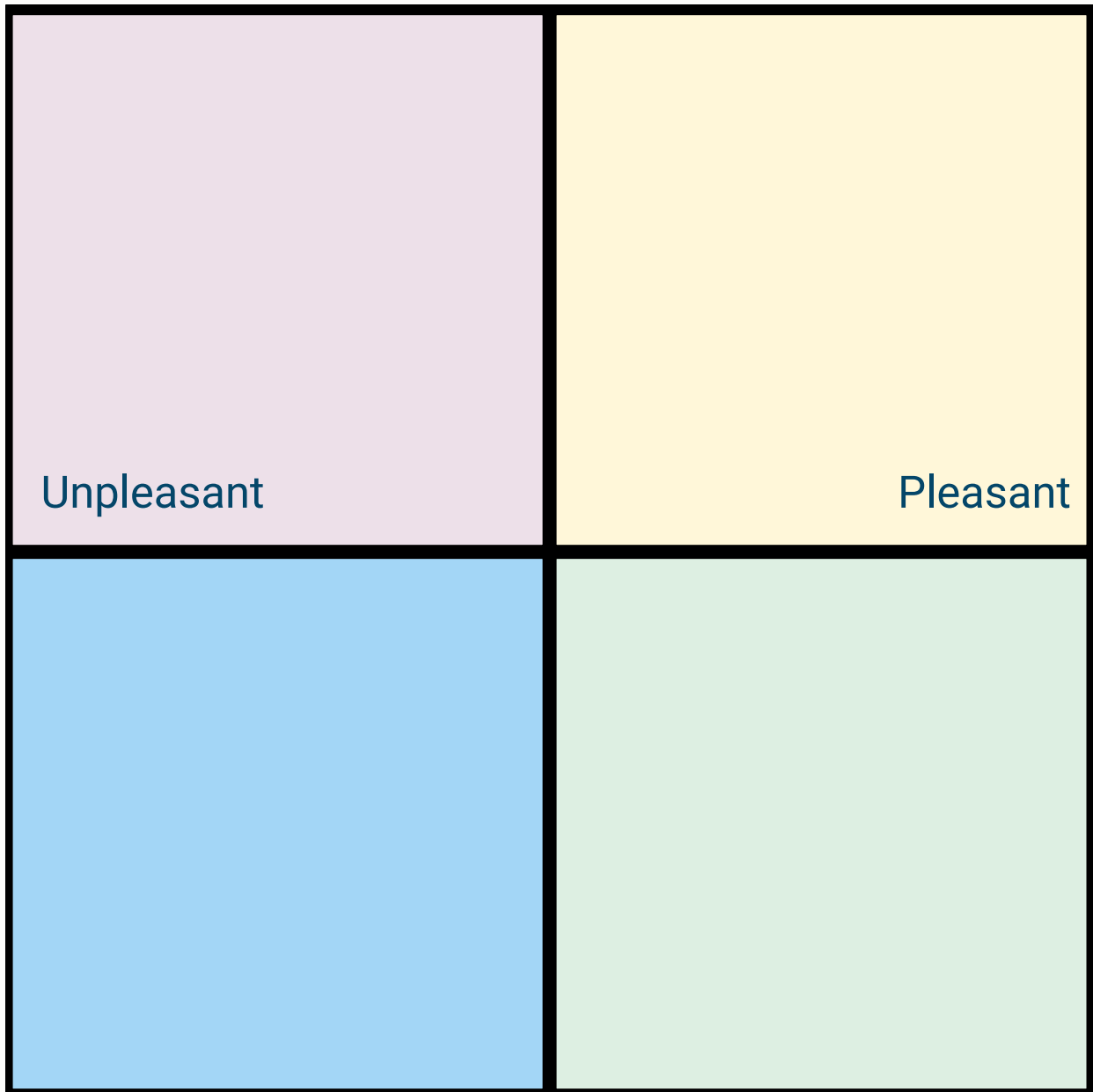
Pleasant

Low Arousal

Low Arousal

Unpleasant

Pleasant



Arousal-Valence Matrix

Unpleasant

Pleasant

High Arousal

High Arousal

Unpleasant

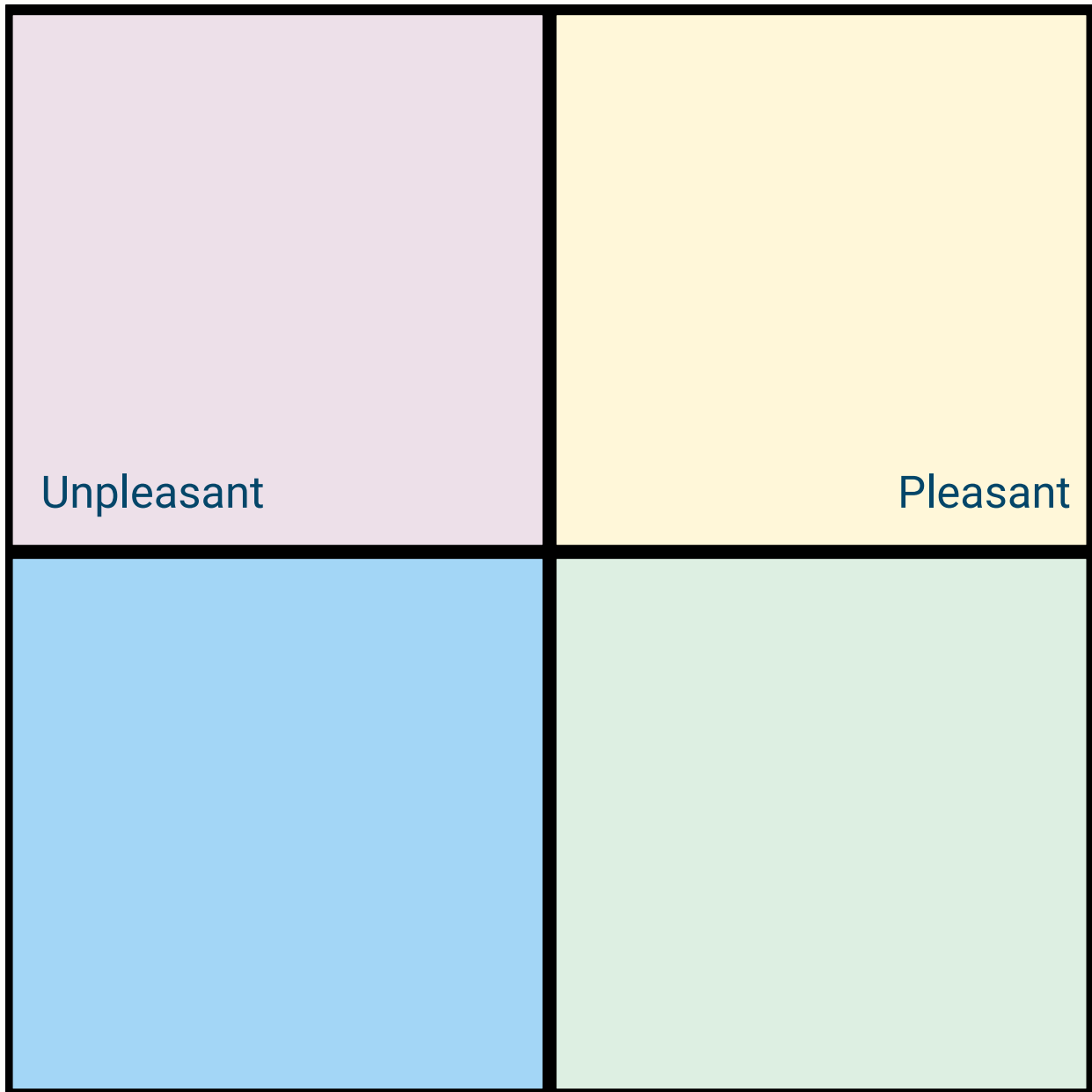
Pleasant

Low Arousal

Low Arousal

Unpleasant

Pleasant



Arousal-Valence Matrix

Unpleasant

Pleasant

High Arousal

High Arousal

Unpleasant

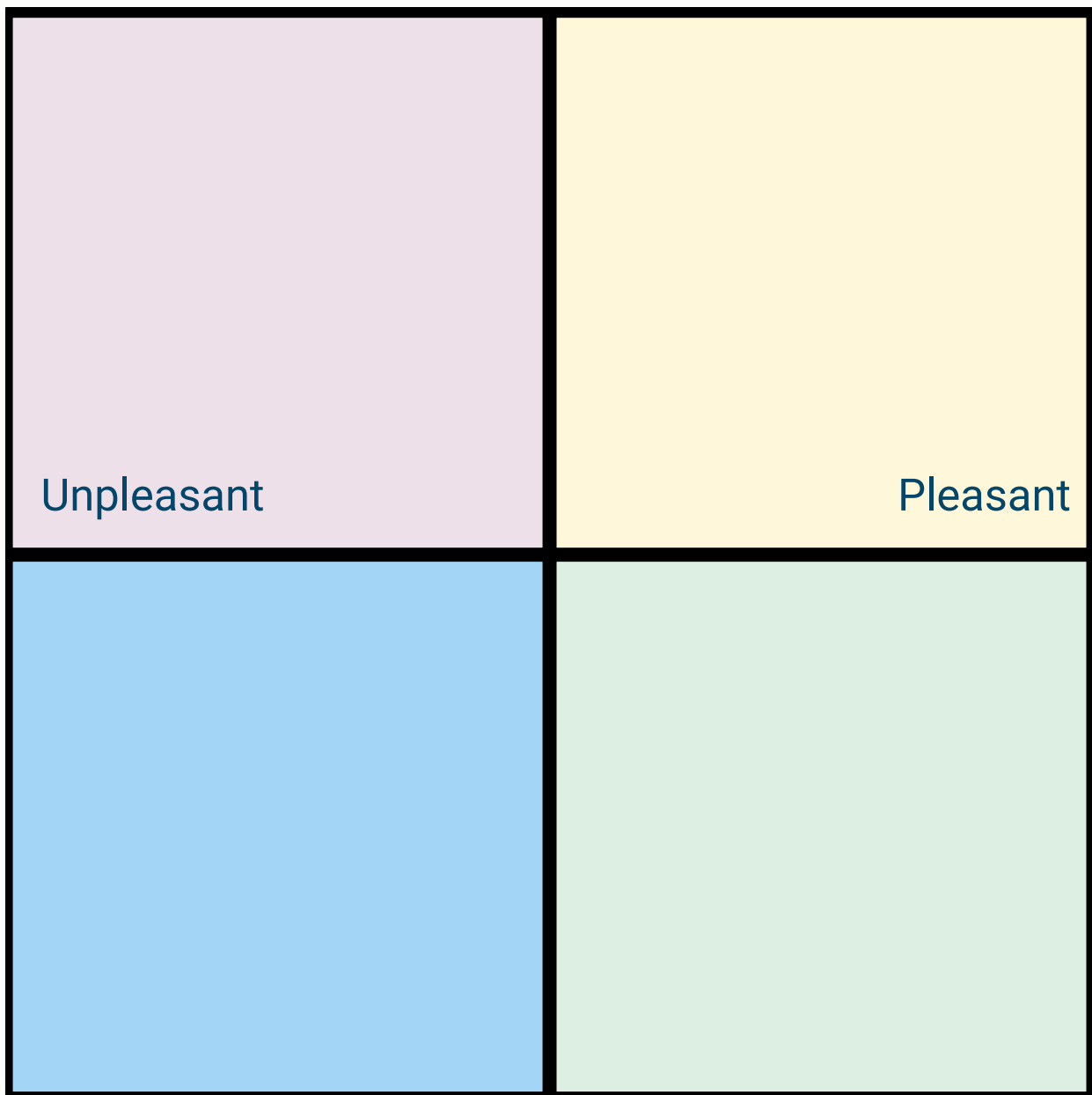
Pleasant

Low Arousal

Low Arousal

Unpleasant

Pleasant



Arousal-Valence Matrix

Unpleasant

Pleasant

High Arousal

High Arousal

Unpleasant

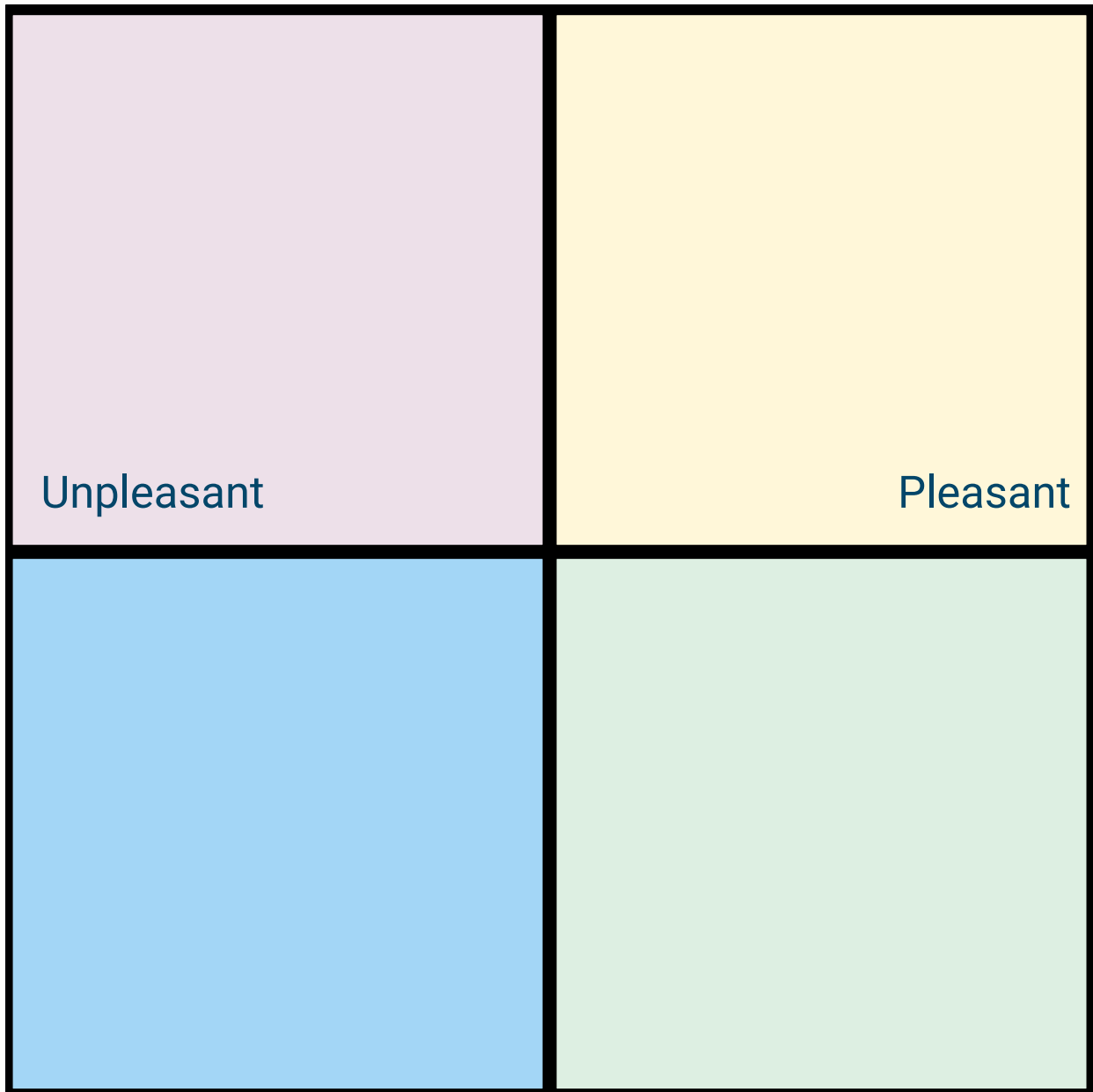
Pleasant

Low Arousal

Low Arousal

Unpleasant

Pleasant



Arousal-Valence Matrix

Unpleasant

Pleasant

High Arousal

High Arousal

Unpleasant

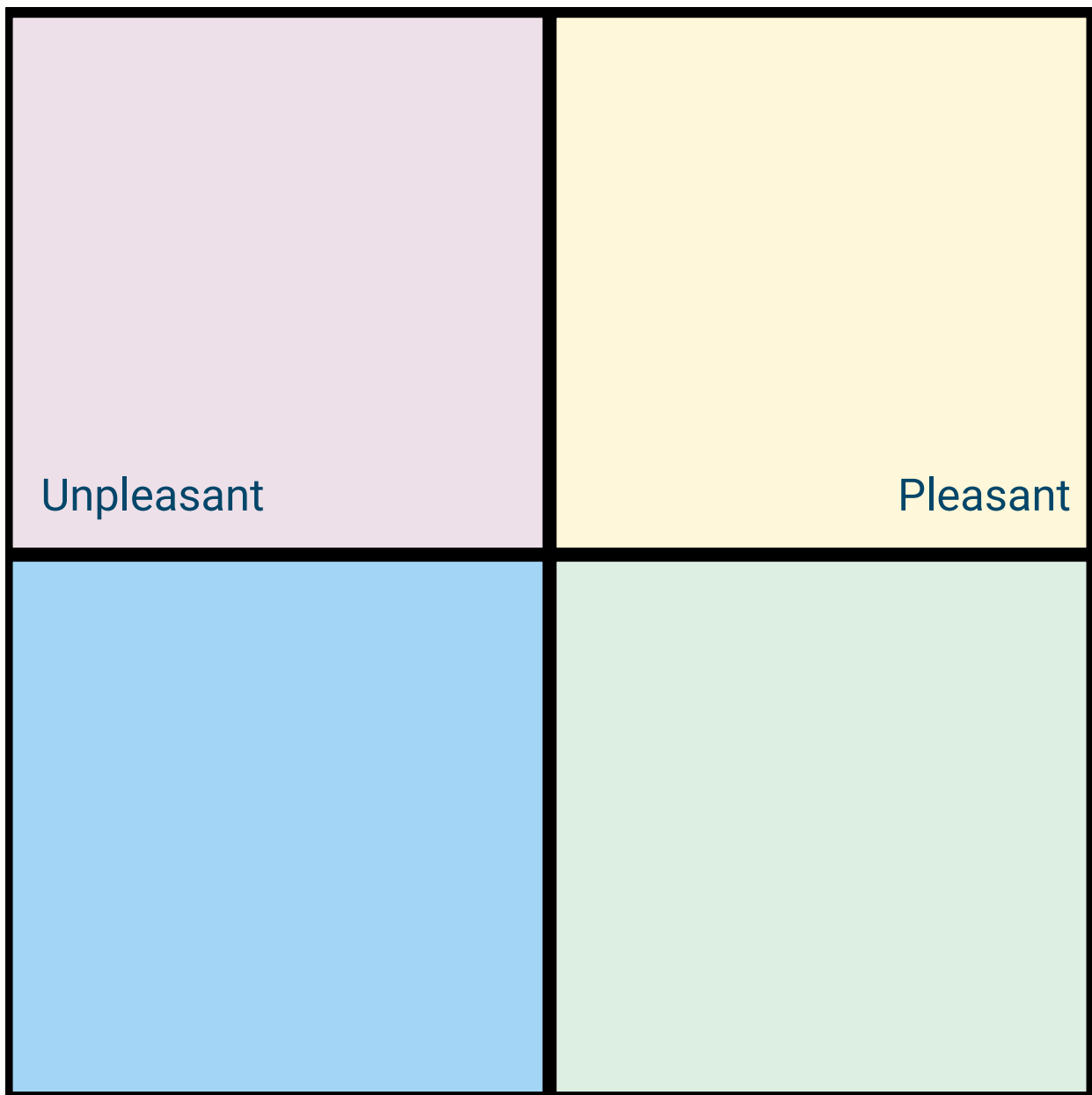
Pleasant

Low Arousal

Low Arousal

Unpleasant

Pleasant



Arousal-Valence Matrix

Unpleasant

Pleasant

High Arousal

High Arousal

Unpleasant

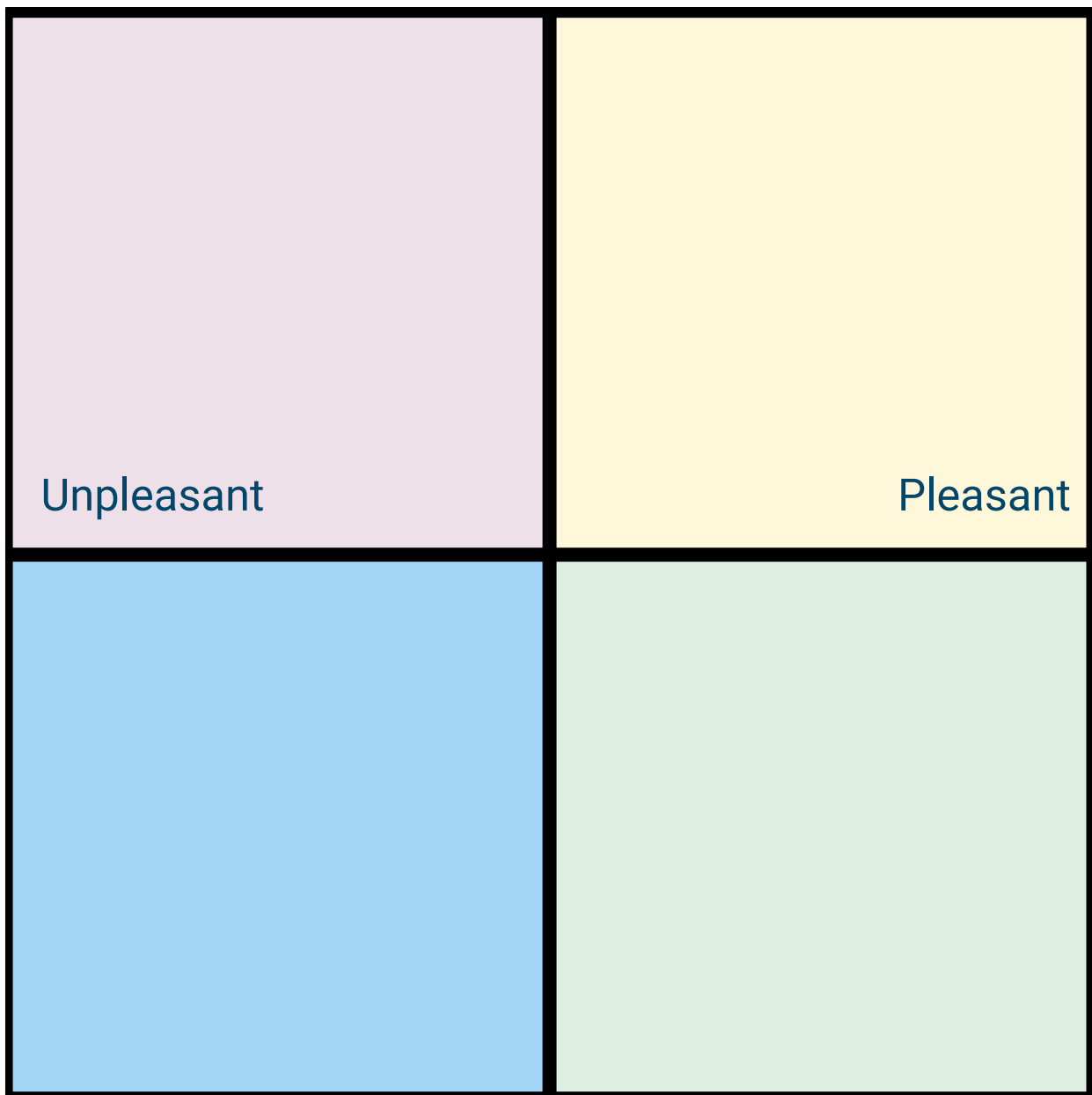
Pleasant

Low Arousal

Low Arousal

Unpleasant

Pleasant



Arousal-Valence Matrix

Unpleasant

Pleasant

High Arousal

High Arousal

Unpleasant

Pleasant

Low Arousal

Low Arousal

Unpleasant

Pleasant

