

Australian Institute of Affective Practice submission - Appendix 5

What did you find the MOST INTERESTING/BENEFICIAL piece of information?

- How it reflects on other people not only your family
- Everything x 5 respondents
- The Shame Affects
- Everything about behaviour that most people would not know
- The talking and chatting
- I learnt so much about myself and why I did what I did
- How to turn your life around for your loved ones
- All of it was good
- Talk to someone about your wrongdoings
- How much what you do hurts your family and friends
- Talking about his job
- Everything, and it will make me think again
- Flow on effect of bad decisions
- Group discussions
- Talking about yours and others situations and points on how to deal with your situation – Positives and Negatives
- The compass of shame x 4 respondents
- The anger, the compass of shame was most informative, beneficial to all parts of life
- Behaviour
- Visual
- The people close to me how it effects them
- How behaviour flows from one to another and how your behaviours a product of you
- The effect of my behaviour on those close to me. The nine affects
- The human emotions which affect our behaviour
- The things you don't think about and the way you can go about controlling your behaviour (methods)
- How it hurts people close to you and sort of how to control temper
- Most interesting would be the point of awareness and the affect on other people
- It made me think about how my actions affect others
- The need to reflect upon the consequences of my actions
- Nathanson's theory of shame
- I believe all lectures have been interesting and very well presented

*****Please note 7 people did not answer this question***