



DECEMBER 2017 • ISSUE 6

QUARTERLY

Dear Friends

We are delighted to share with you our final newsletter for 2017.

AT A GLANCE

- Sharon and Joel have been working on a second round of revisions of the Emotional Strength paper in response to feedback from reviewers from an academic journal. While challenging, the revisions have taken the paper to a whole new level.
- On the schools' project front, we have updated our application to the WA Department of Education and are hoping to get final approval soon. Our participating school has been waiting patiently and, like us, is keen to get started in 2018.
- Tristan has continued her emotion research focus, most recently working on timelines of the global history of the philosophy of emotion and on the history of emotion theory.
- In November, Sharon attended an Australian Institute of Company Directors course on chairing a not-for-profit board. Her take-aways included that our Board is in good shape.



CHICAGO MARATHON

Congratulations to Sharon for completing the Chicago Marathon in October.

Chicago is one of the six major international marathons. I have run 4 majors - New York, Berlin x 2 and Chicago. Chicago was my 7th marathon in total.

After a shocking training season and a very sore right knee, I was not very confident to run, let alone a marathon. I remember getting on the plane and not knowing whether I was going to make the distance. I couldn't run 100 meters down the road at the time. To my amazement, I came back with two medals instead of one. I ran a 5km charity event on the Saturday and the marathon the following day on the Sunday.

It was a great course but at the 40km-mark, I could hardly walk. I remember saying to myself, "you need to stop, you can't go on, it's too much pain". Then I took the next step and finished strong. I didn't do my best time and I didn't run a graceful marathon, but I felt proud that I finished when I was convinced that I couldn't go on. I did it anyway!

To my surprise I came back to Perth more motivated than ever. I am training to run the London Marathon in April. I am so inspired to run well and I am aiming for a PB in London.

EMOTIONAL STRENGTH PAPER

In our last newsletter, we announced a major rewrite of the Emotional Strength paper, following feedback from reviewers from an academic journal. The reviewers' responses

highlighted the originality of the concept and its potential for making a contribution to emotion theory. The feedback has driven an intensive reconsideration and clarification of the concept of Emotional Strength. We have gone deeper into conceptual territory to distinguish Emotional Strength from other psychological concepts like mindfulness and acceptance. This has led to a revision of our definition of Emotional Strength to “the ability to respond in an open and vulnerable way in the face of intense emotion experience”. Hallmarks of Emotional Strength include allowing vulnerability during intense emotional experience, flexible switching of attention from inward to outward, and access to the functionality of emotion in action.

The process of responding in detail to the reviewers’ feedback has been challenging and consuming. It has also been the absolute best thing for the paper. On a bigger-picture level, it has helped to deepen the Foundation’s purpose and sense of place in the evolution of the philosophy and theory of emotion. This is huge.

Emotional Strength is the ability to respond in an open and vulnerable way in the face of intense emotion experience.

RESEARCH

A big part of our focus over the last two years has been on getting the message of the Foundation out there. We have achieved this through various publications and, most recently, the launch of our website. Lately, our focus has been on doing the groundwork for positioning ourselves as global leaders in emotion research going forward. To this end, we’ve been working on timelines of global history of the philosophy of emotion and of emotion theory. This journey has led us through Ancient China to Medieval Europe, from Eastern Taoism to Western phenomenology and from the Chinese concept of qing to modern-day psychological constructionist approaches to emotion. We have travelled back in time and across the globe to understand how various theories were influenced by others, and the links between ancient and modern theories of emotion. These timelines are a valuable map for understanding where Emotional Strength sits within a broader historical context.

WEBSITE FEEDBACK

Seeing our Sharon Faye Foundation website go live at the end of September was a huge thrill, and we wanted to share with you some of the feedback we received. Most people were in awe of the intensity and depth of the website. They were speechless and found they kept going back to it day after day, and each time they discovered more that they hadn't seen before. That experience reminds me of the idea that you only need a few books on your bookshelf. These books are unique in that when you read them again and again, you discover and experience different insights every time. I hope our website will provide this opportunity for visitors. Every time you visit you discover more.

There are mixed feelings about the animation. Most love it, some think it doesn't match with the serious work we are doing. The idea behind the animation came from the *Where's Wally* books. Sharon loved looking for Wally on each page, she used to have fun with her children to see who could find Wally first. It was fun. So, the animation represents 'little Sharon' in her various pursuits and interests. There is one of her running a marathon, being awarded another degree at university, Sharon heading off to save another business, with her briefcase to work with lawyers and finding her voice to speak up for people. Sharon shows her vulnerability on some pages.

Enjoy.



SEE YOU NEXT TIME

Sharon Faye Foundation Team



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