



empathetic objects

I aim to explore methods in which people can interact with their emotions. By designing constructive emotional responses, I am investigating the relationship between humans and technology; while also critiquing interaction design, which is very data oriented, isolated and detached.

Empathetic objects are new approaches to encounter problems and provide opportunities.

adopt the mindset

Unlike other problem solvers, I refuse to accept the given as given, always seeking more opportunities. Many of the current design goals focus on the ease of use and efficiency, intentionally excluding complex emotional aspects. While technology is always assumed to be good and capable of solving any problem, we still should not take things for granted.

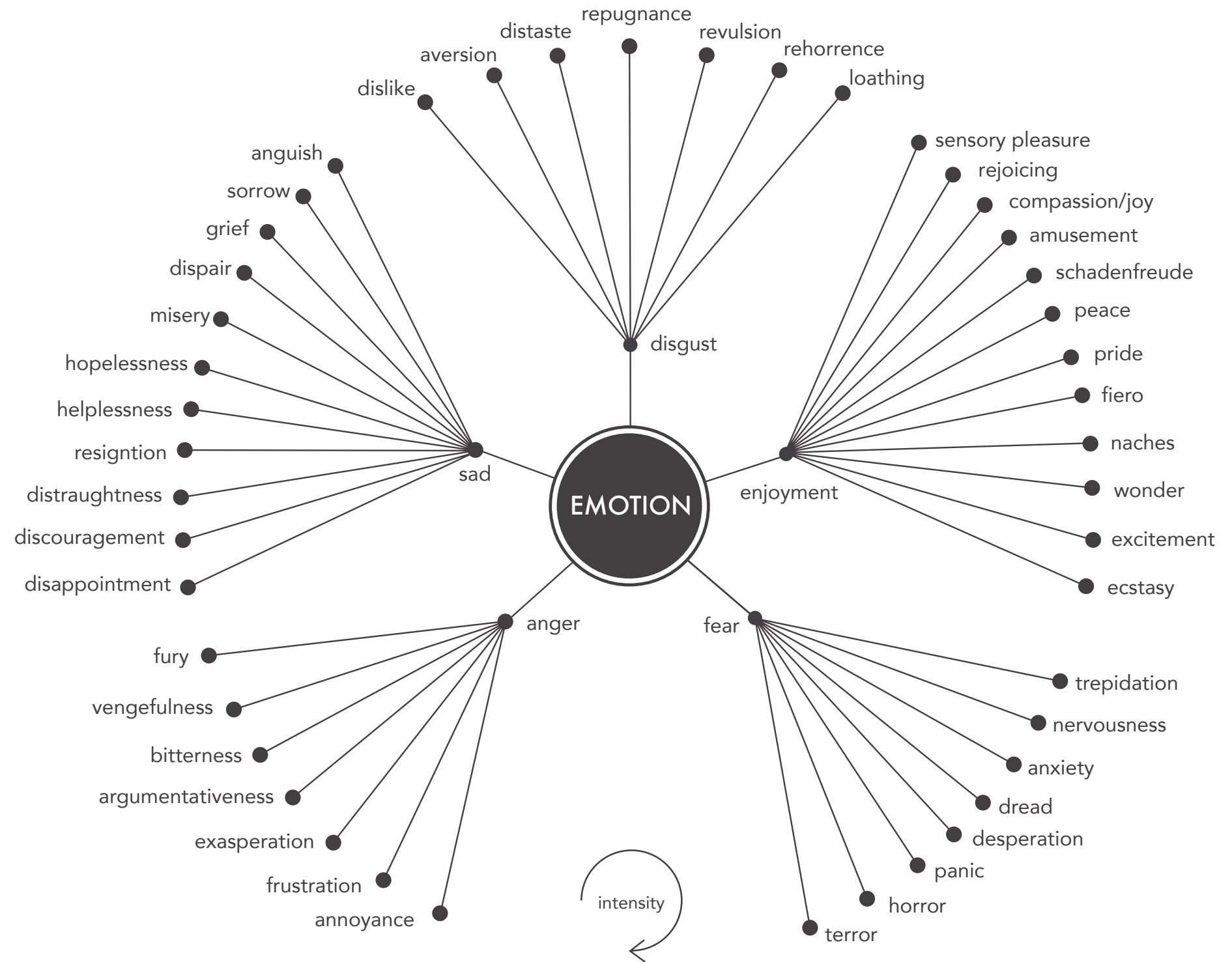
When technology is so convenient and satisfying to our fundamental needs, it kills the creativity and the desire to strive for something new and better.

It neglects the sense of accomplishment, and also omits various aspects of human behavior.

I care about a deeper connection between what I create and what it means to me. I am a dreamer and a maker, an experimenter and a learner. I chase after many ideas, some that work, and some that don't. I make my ideas tangible so I can test and refine.



1 understand the emotions



-
- Circle the 1-5 emotions you are interested or come up with your own.
 - Write down the emotions on worksheet.
 - Continue with step 2.



2 define situations

emotion

situation

- List your chosen emotions on the left, and write a scenario as the situation that will evoke the emotion.
[anxiety]: Jon is about to catch a bus for an interview in 10 minutes, but he can not find his key.

-Continue with step 3.

3 choose objects



- Choose or think of some daily objects you'd like to redesign.
- Write down the objects on the worksheet.
- Continue with step 4.



4

constructive actions

**Constructive Actions:
a useful response to avoid causing harm.**

-
- Circle or explore your own constructive action(s).
 - Write down the actions on the worksheet.
 - Finish the worksheet before continuing to step 5.

[Take a break]: Hold back in doubt or decision, often momentarily.

[Freeze]: Become incapable of action or speaking.

[Go for a walk]: Physically or mentally leave the scene.

[Seek comfort]: Seek help or support from others.

[Show empathy]: Express grief for someone else's loss through actions.

[Say no]: Refuse to the loss.

[Indulge]: Allow oneself to fully experience the pleasure of good feelings.

[Seek more]: Attempt to increase the enjoyable feelings.

[Engage/ connect] : Share one's feelings of enjoyment with others.

[Say 'you are happy' to another]: Vocally express enjoyment to others.

[Positive feedback]: Appreciate the good feelings around completing a task.

[Cause interruption]: Try to avoid feeling or acting upon the emotion that is being experienced.

[_____]: _____

[_____]: _____

[_____]: _____



5 frame your statement

What problems are you solving?

What impact are you making?

What environment you are involved?

I'm designing [_____]
in order to [_____]
when [_____]
in [_____].

-
- I'm designing [tools] for [doing something] in [a place] using technology from [something else].
 - I'm designing [tools] for a [specific user] in a [scenario] using techniques of [tool or technology].
 - I'm designing [tools] for an [technology] when they [do something] using technology from [some other place].
 - I'm combining [something specific] from [technology] with [an action or scenario] from [place] in order to [do something].



6 ideate inputs & outcomes

inputs



Keyboard



Facial Recognition



Pulse Sensor

- Check or explore your own inputs and outcomes.

[input] : technology collects data that can trigger actions.

[outcome]: actions triggered by inputs that will cause emotional impacts.

outcomes



Soothing Music



Falling Food



Alarm



Breath Machine



Anger Measurement



Emoji Match Game



Empathy Machine



Self - Awareness



7 redesign object

object



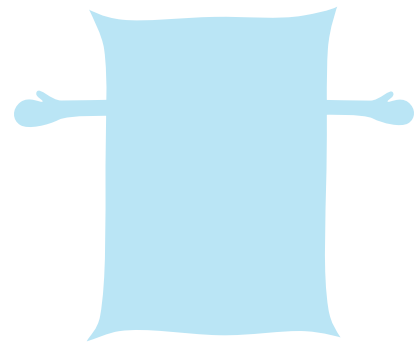
constuctive features

Write down the functions that your empathetic object will have, and solve the problem with your own comfortable method :)

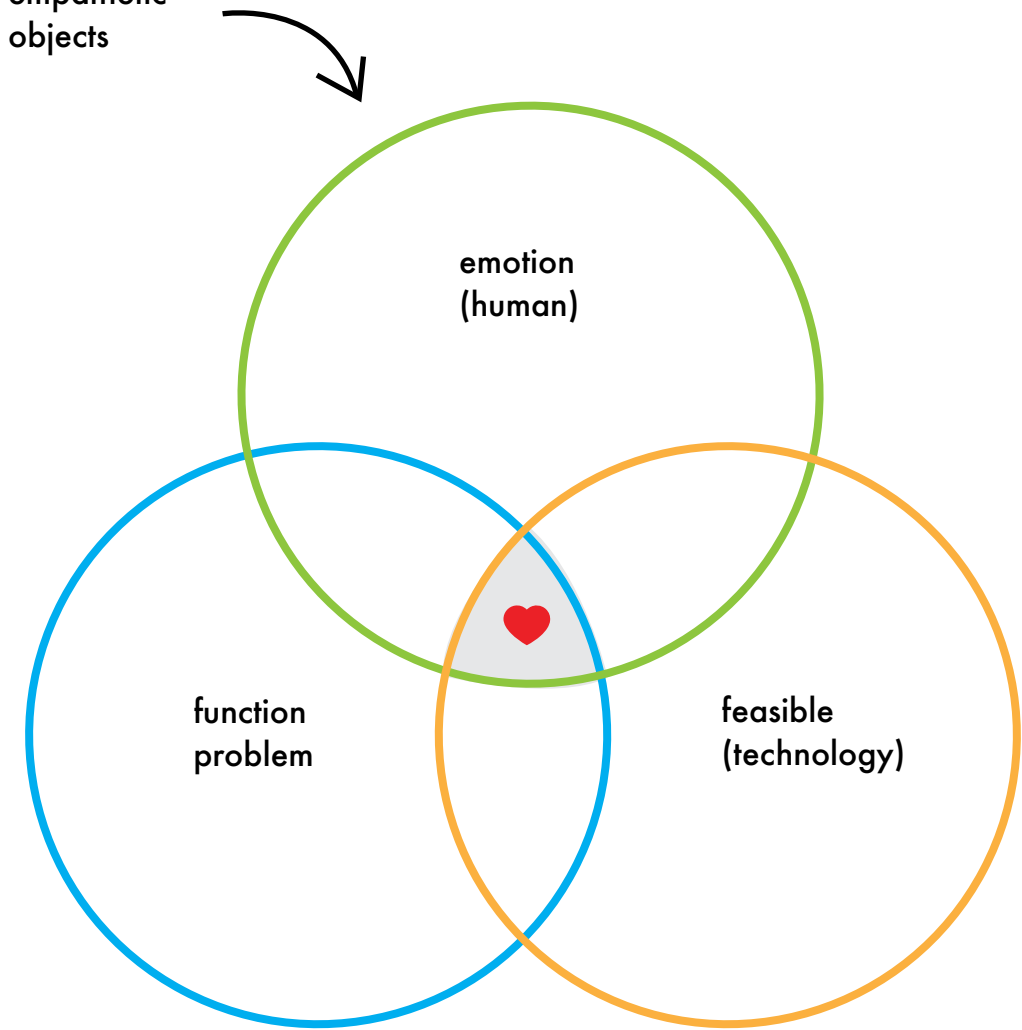
8 empathetic object

Design and illustrate your idea here.

tear this worksheet page off



empathetic
objects



1,2. emotions

3. objects

4. constructive actions

- Connect the elements from [emotions][objects]and[constructive actions].
- Finalize and choose a match that make the most sense.
- Write down the empathetic objects you are about to design below.

_____ / _____ / _____
(emotion) (object) (action/s)

Now read the questions on page 9,
and think about why are you doing this?