



Key Take-Aways

Affect Depends on Interoception

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Summary: The theory of constructed emotion fits in with DIR/Floortime in that variation is the norm, and expanded experiences of shared joy wire the brain with positive emotion concepts

- We help our children create new and more useful, refined concepts of emotions by speaking about bodily sensations as emotions and mental states and elaborating on emotions of ours, theirs and others' with lots of words, wondering what caused them and what the consequences are
- This collection of concepts, and even thinking about them, drives their brain's predictions, which regulates their body budget, determining how they feel and then label their emotional experiences
- Getting our children to move their body changes their environment which changes their brain's predictions
- Our children's body budgets are less taxed when we co-regulate with them

Link to this blog: <https://affectautism.com/2021/04/17/constructed-emotions>