Hacking Your Emotional API v2.6

http://❤️
http://😊
http://🤔
http://😢
http://😡
John Sawers

Founder and CTO of Data Simply
Senior Developer at Privia Health

@emotionalapi
@johnksawers
http://emotionalapi.com

he/his/him
“Emotions just make so much sense to me”

– No One Ever
Don’t

• Cry
• Make a Scene
• Whine
• Yell
Do

•

•

•

•
We’re on our own
Endpoints

- POST /feels/anger  Create Anger
- POST /feels/sadness  Creates Sadness
- POST /feels/fear  Creates Fear
- POST /feels/shame  Create Shame
- POST /feels/joy  Creates Joy
- POST /feels/love  Creates Love

@emotionalAPI
Middleware

@emotionalAPI

delete /job/12

put /events/mother/visit

put /baby/new

post /people/co-worker/insult

get /people/boss/compliment

Wetware

/feels/sadness

/feels/anger

/feels/fear

/feels/anger

/feels/pride
Middleware:
- delete /job/12
- put /events/mother/visit
- put /baby/new
- post /people/co-worker/insult
- get /people/boss/compliment

Wetware:
- /feels/love
- /feels/anger
- /feels/fear
- /feels/shame
- /feels/pride

Senses

@emotionalAPI
Methods

delete '/job/:id'
100.times do
  Thread.new(post('/feels/fear'))
end
20.times do
  Thread.new(post('/feels/sadness'))
end
A Public API

The Bad News
Decomposability
“But feelings are icky, and I don’t wanna” – You, probably
“Trying not to feel something doesn’t work, and in some cases even backfires”

David Rock
Your Brain At Work[11]
Coding Solo
Cognitive Problems
Cognitive Problems

• Poorer Executive Function [1]
Cognitive Problems

- Poorer Executive Function [1]
- Poorer Short Term Memory [2]
Cognitive Problems

• Poorer Executive Function [1]
• Poorer Short Term Memory [2]
• Lower ability to handle stress and cope with crisis [3]
Cognitive & Health Benefits

• “...not just in improved behavior but in measurable academic achievement.”[5]
• “…measurable health advantage”[9]
Coding Together
Cognitive & Social Benefits

• “Subjects made to feel powerful judged emotional expression more accurately.”[7]
Cognitive & Social Benefits

• “Subjects made to feel powerful judged emotional expression more accurately.”[7]
• Better career advancement[8]
Cognitive & Social Benefits

- “Subjects made to feel powerful judged emotional expression more accurately.” [7]
- Better career advancement [8]
- Empathy!
Scenarios
Degraded Cognition
Advocate for Ideas
Code Reviews
Distraction
Problematic Teammates
Impostor Syndrome
Interviewed, Hired, Fired
Manage & Mentor
Senior Software Developer

- Community + OSS
- Mentorship
- Empathetic Development
- Courageous honesty

- Technical Capability
  - Curiosity
  - Rigor/Discipline
  - Propensity to ship
  - Fearlessness

- Leadership
  - Owner’s mindset
  - Communication / Persuasion
  - Purpose
  - “Next right thing”

http://frontside.io/
Toolkit
Level 1: Conceptual Tools
Level 2: On Your Own
Level 3: With Someone Else
Level 4: With a Group

@emotionalAPI
Level 1

Conceptual Tools
You Control The Implementation
You can control where and when you express your feelings

(But you don’t have to)
get(/feels/anger).perform_later
They Don’t Mean Anything
Fear of Loss of Control
Feelings are Enumerable, not Boolean

- Anger
- Disgust
- Shame
There Is No Should
“Even if it feels bad, it’s ok to let it feel bad. Eventually you’ll stop feeling bad because feelings just don’t last very long”

Amy Cuddy
Presence[13]
Level 2

On Your Own
Move Your Body
Move Your Body

Dancing • Singing • Exercise
Rubber Duck Debugging
“...consciously recognizing the emotions reduced their impact.”

David Rock
Your Brain At Work[10]
Yup, talking
The Feel Wheel

[12]
“I feel” vs. “I am”
Emotional
Retro
Level 3

With Another Person
Again, Talking
Feel first
Bring In A Consultant
Level 4

With A Group

@emotionalAPI
How did I get here?

“...an intensive 20-hr Weekend Retreat in which you will explore your erroneous belief systems, learn to appropriately express emotions in a manner that heals...”

Purpose • Passion • Peace

http://aliceamos.me/p3retreat/

@emotionalAPI
GET /feels/
As a child I wasn’t allowed to get angry
Do

•

•

•

•
Safe Space
Throw A Fit
Throw A Fit
GET /feels/
delete /v5/parents/marriage

post /v6/parents/:dad_id/set_emotional_distance/1000

post /v8/parents/:dad_id/diseases/cancer

delete /v17/parents/:dad_id
delete /v5/parents/marriage do
  20.times.do {
    Thread.new(get('/feels/fear'))
    Thread.new(get('/feels/sadness'))
    Thread.new(get('/feels/blame'))
  }
  delete('/feels/self_worth')
end
post /v8/parents/:dad_id/diseases/cancer do
  20.times.do {
    Thread.new(delete('/v5/parents/marriage'))
    Thread.new(get('/feels/fear'))
    Thread.new(get('/feels/sadness'))
  }
end
/v17

def /v17/parents/:dad_id do
    1000.times do {
        Thread.new(post('/v8/parents/:dad_id/diseases/cancer'))
        Thread.new(delete('/v5/parents/marriage'))
        Thread.new(get('/feels/anger'))
        Thread.new(get('/feels/sadness'))
    }
end
Narrator: It did not blow over
Stack Trace

NoMethodError - undefined method `paternal_approval’ for BossClass:
/me/feels/panic.rb:9:in `initialize'
/me/feels/love/daddy:14:in `none_for_you’
/me/feels/fear/mistake/guaranteed_to_be_fired:21:in `realize_mistake’
/me/events/releases/prod/bug_count/metrics.rb:39:in `count_bugs’
Stack Trace

NoMethodError - undefined method `paternal_approval’ for BossClass:
/me/feels/panic.rb:9:in `initialize'
/me/feels/love/daddy:14:in `none_for_you'
/me/feels/fear/mistake/guaranteed_to_be_fired:21:in `realize_mistake’
/me/events/releases/prod/bug_count/metrics.rb:39:in `count_bugs’
“Crying doesn’t indicate you are weak, since birth it has always been a sign to indicate you are alive”

– attributed to Charlotte Brontë
def /v17/parents/:dad_id do
  1000.times.do {
    Thread.new(post('/v8/parents/:dad_id/diseases/cancer'))
    Thread.new(delete('/v5/parents/marriage'))
    Thread.new(get('/feels/anger'))
    Thread.new(get('/feels/sadness'))
  }
end
def /v17/parents/:dad_id do
1000.times do {
  500.times do {
    Thread.new(post('/v8/parents/:dad_id/diseases/cancer'))
    Thread.new(delete('/v5/parents/marriage'))
    Thread.new(get('/feels/anger'))
    Thread.new(get('/feels/sadness'))
  }
}
end
get /me/events/releases/prod/bugs/count_high do
  Thread.new(get('/feels/unloved'))
  Thread.new(get('/feels/panic'))
  puts 'oops'
  fix_it
  move_on
end
Baggage
The Ultimate Goal
Best Practices
Pick One Thing
Compassion
DEEP BREATH
Thank You So Much

Come get a feel wheel!

Slides: https://speakerdeck.com/johnksawers/hacking-your-emotional-api
Videos: http://emotionalapi.com
Twitter: @emotionalAPI
References

[1],[2] “…a lack of power impairs our cognitive function.’ Amy Cuddy, Presence 119
[3] “In fact, people who have a high sense of personal control…cope significantly better in crisis…because their executive functions are intact” Amy Cuddy, Presence, 136
[5] “Helping children improve their self-awareness and confidence, manage their disturbing emotional impulses and increase their empathy pays off not just in improved behavior but in measurable academic achievement.” — Daniel Goleman, Emotional Intelligence xi
[7] “Subjects made to feel powerful judged emotional expression more accurately.” Amy Cuddy, Presence 127
[8] “…having high leadership potential were far stronger in EI competencies…” Daniel Goleman, Emotional Intelligence xiii
[9] “Those who can manage their emotional lives with more calm and self-awareness … have … distinct and measurable health advantage … confirmed by many studies” Daniel Goleman, Emotional Intelligence xi
[10] “…when they were asked to name the emotion, the ventrolateral prefrontal cortex activated and reduced the emotional amygdala reactivity. In other words, consciously recognizing the emotions reduced their impact.” David Rock, Your Brain At Work 127
[11] Gross found that people who tried to suppress a negative emotional experience failed to do so. While they thought they looked fine outwardly, inwardly their limbic system was just as aroused as without suppression. Trying not to feel something doesn’t work, and in some cases even backfires. David Rock, Your Brain At Work 119