3W-Weerbaar: omgaan met **gevoel & gedrag**

Philippine Waisvisz
Hogeschool Utrecht / Classifact

philippine@waisvisz.nl
philippine.waisvisz@hu.nl

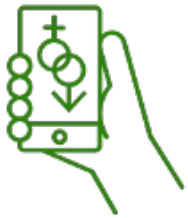
3W-framework als handelingsperspectief

Stephan van der Stighel

• Will	(gemotiveerd gedrag)	Concentratie
• Whims	(emotioneel gedrag)	Aandacht
• Watchful	(afgewogen gedrag)	Grip op je aandacht & concentratie

- Perspectief – (Theory of Mind)
- Cases met kaartjes

Motivatie	Emotie
Behoefte aan controle	Signaleren van verandering
Stop or go	**Stop or Go**
Hoofdproces	Ondersteunend proces
Meer intrinsiek	Meer extrinsiek
Intuitief	Intuitief
Diep van binnen	Komt en gaat
Waarom voel ik dat?	**Hoe** voelt het?
Trouwen	Tinder
Moord	Doodslag



3W

Wil, Wispelturig, Waakzaam

handelingsperspectief en controle

Motivatie & Emotie

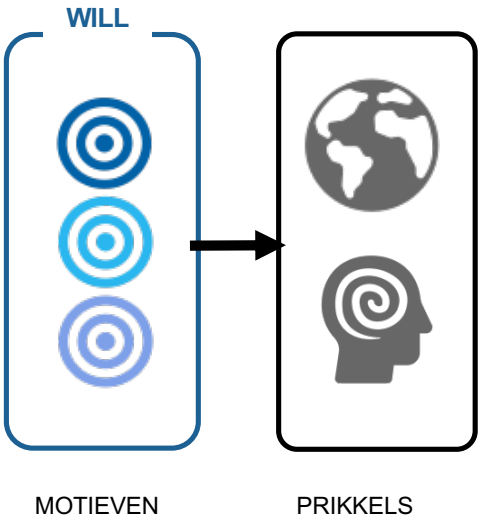
PRIKKELS

Based on Waisvisz, P, Simon J., Sheombar A. (2026). Reframing AI's Understanding of Human Affective Behavior: A Dual PRISMA Scoping Review of Motivation and Emotion (Manuscript submitted for publication)

Motivatie & Emotie

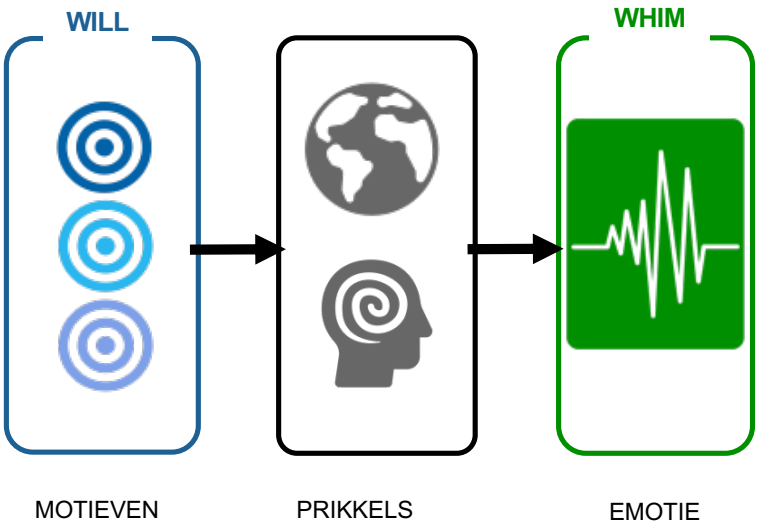
Based on Waisvisz, P, Simon J., Sheombar A. (2026). Reframing AI's Understanding of Human Affective Behavior: A Dual PRISMA Scoping Review of Motivation and Emotion (Manuscript submitted for publication)

Motivatie & Emotie



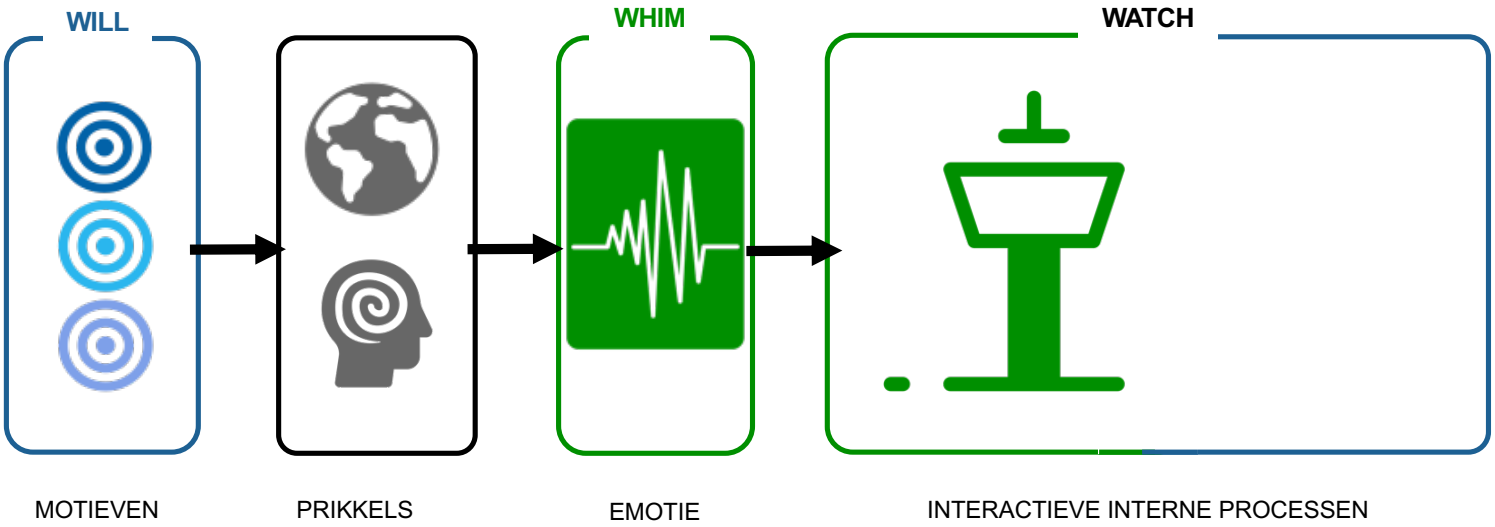
Based on Waisvisz, P, Simon J., Sheombar A. (2026). Reframing AI's Understanding of Human Affective Behavior: A Dual PRISMA Scoping Review of Motivation and Emotion (Manuscript submitted for publication)

Motivatie & Emotie



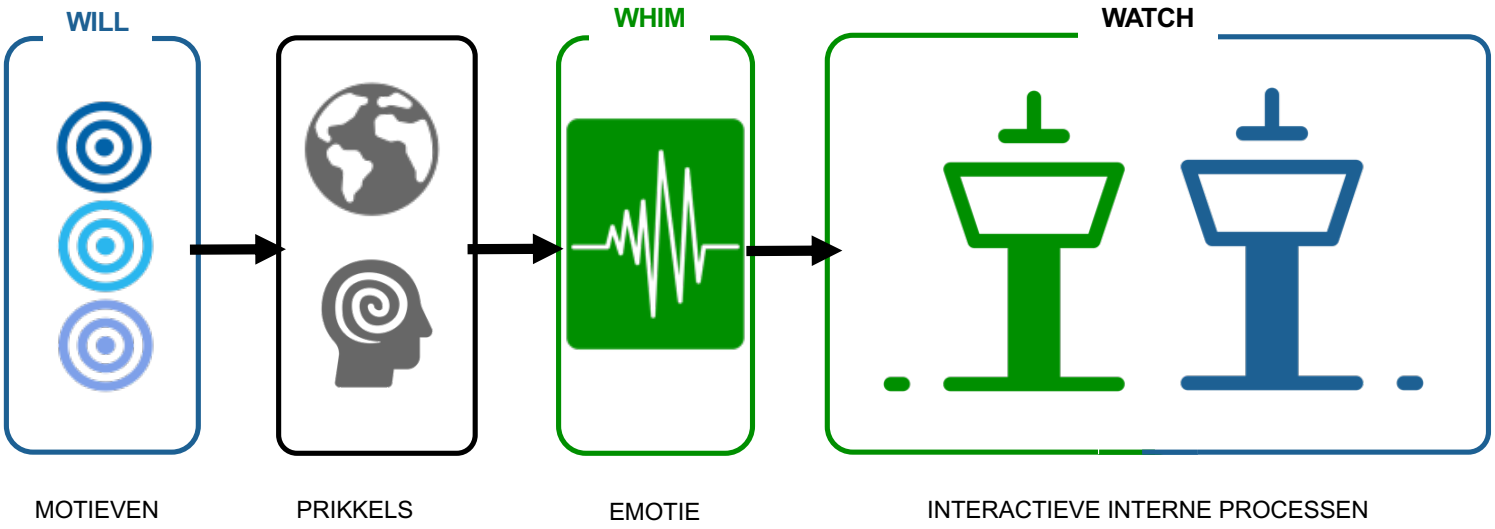
Based on Waisvisz, P, Simon J., Sheombar A. (2026). Reframing AI's Understanding of Human Affective Behavior: A Dual PRISMA Scoping Review of Motivation and Emotion (Manuscript submitted for publication)

Motivatie & Emotie



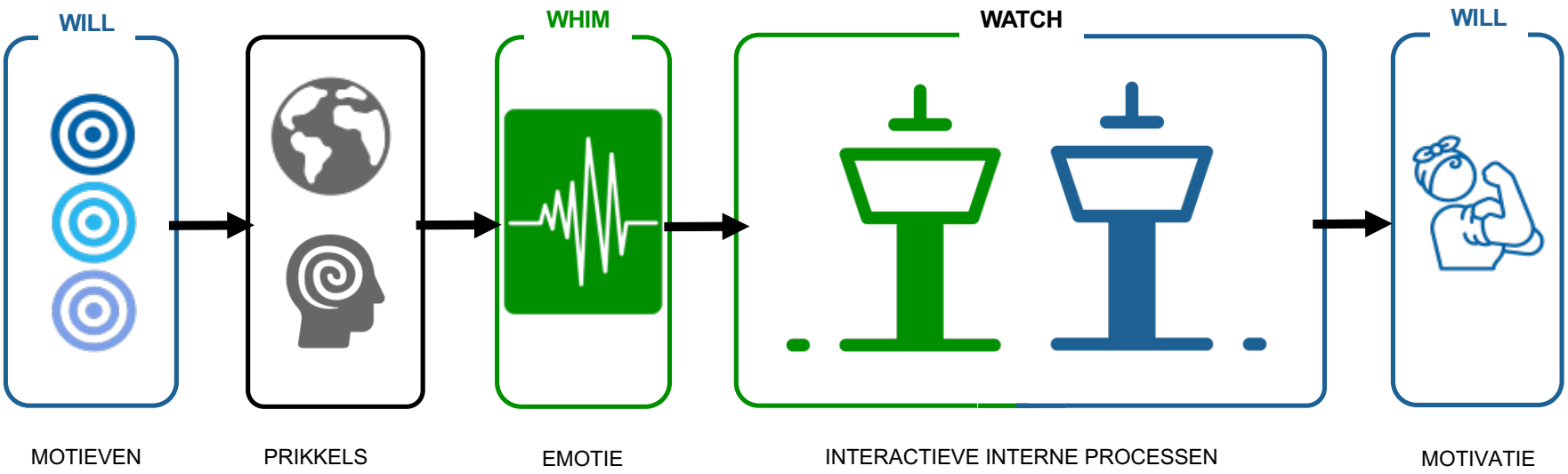
Based on Waisvisz, P, Simon J., Sheombar A. (2026). Reframing AI's Understanding of Human Affective Behavior: A Dual PRISMA Scoping Review of Motivation and Emotion (Manuscript submitted for publication)

Motivatie & Emotie

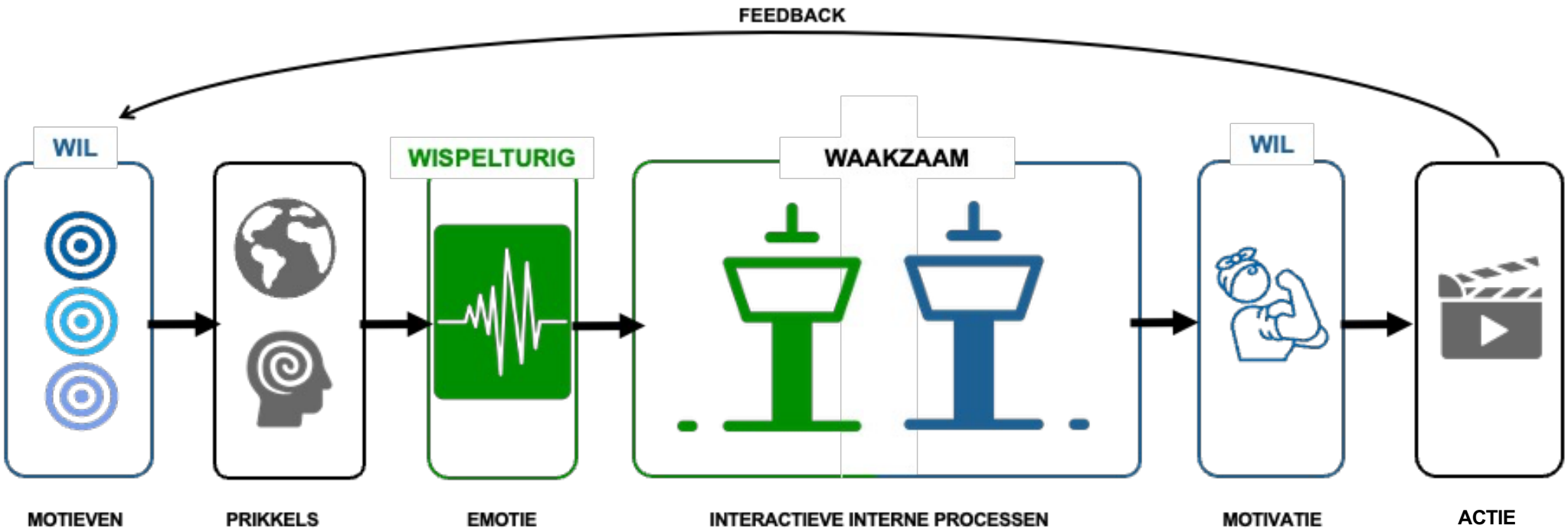


Based on Waisvisz, P, Simon J., Sheombar A. (2026). Reframing AI's Understanding of Human Affective Behavior: A Dual PRISMA Scoping Review of Motivation and Emotion (Manuscript submitted for publication)

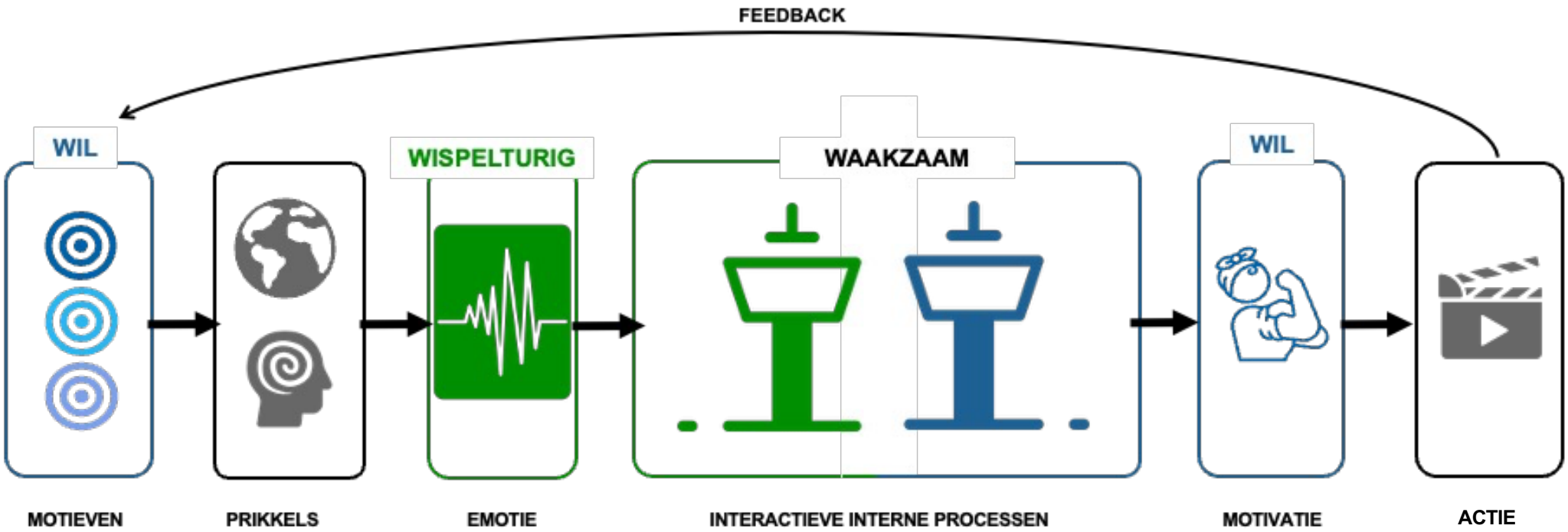
Motivatie & Emotie



Based on Waisvisz, P, Simon J., Sheombar A. (2026). Reframing AI's Understanding of Human Affective Behavior: A Dual PRISMA Scoping Review of Motivation and Emotion (Manuscript submitted for publication)



Based on Waisvisz, P, Simon J., Sheombar A. (2026). Reframing AI's Understanding of Human Affective Behavior: A Dual PRISMA Scoping Review of Motivation and Emotion (Manuscript submitted for publication)



Stephan van der Stighel

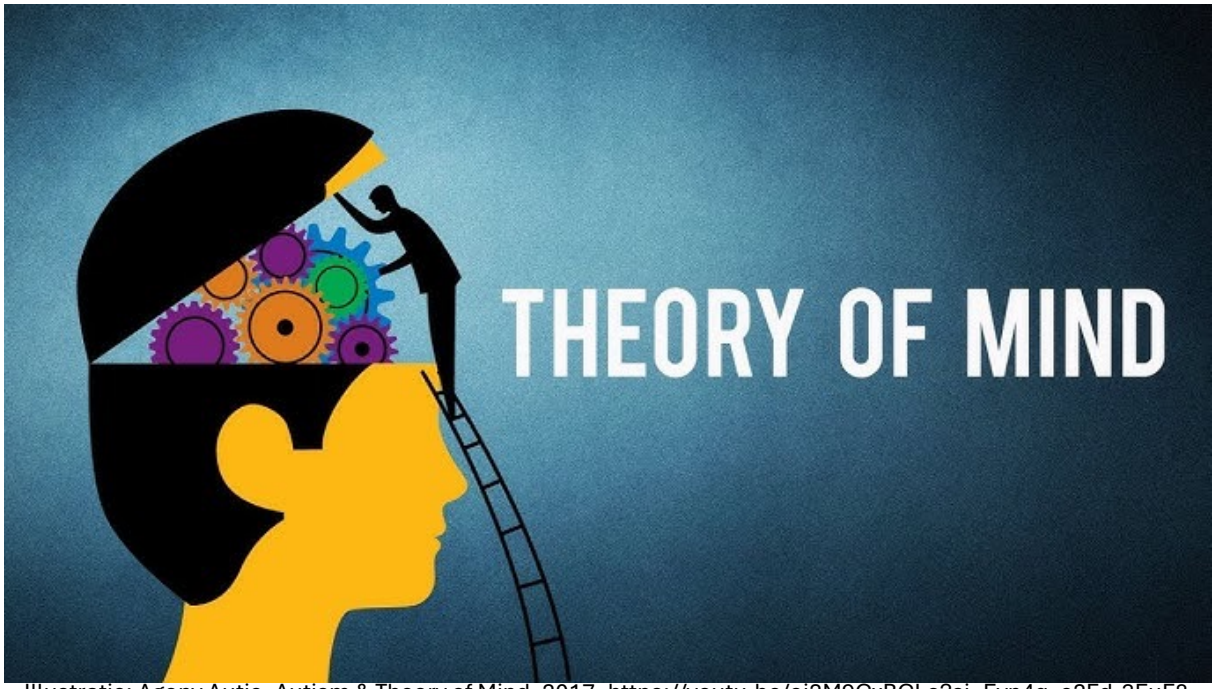
Conclusie:

Gedrag is de zichtbare uitkomst.

De oorzaak ligt bij het begin van het proces:
identificeer de motieven/waarden/menselijkheid, die geraakt word door gebeurtenissen in binnenwereld en de buitenwereld.

Emotie is niet de oorzaak, maar een waarschuwings signaal dat iets fundamenteels geraakt wordt.

Aan de slag met eigen cases en 3W-kaarten



Illustratie: Agony Autie, Autism & Theory of Mind, 2017, https://youtu.be/oj2M9CxBCLc?si=Evn4q_e2Fd-3EuF8

Jouw inschatting beïnvloedt jouw houding

En jouw houding beïnvloedt de interactie als een *self-fulfilling prophecy*

Eigen cases

Doel: onderscheid tussen motivatie en emotie

- handelingsperspectief,
- controle,
- communicatie

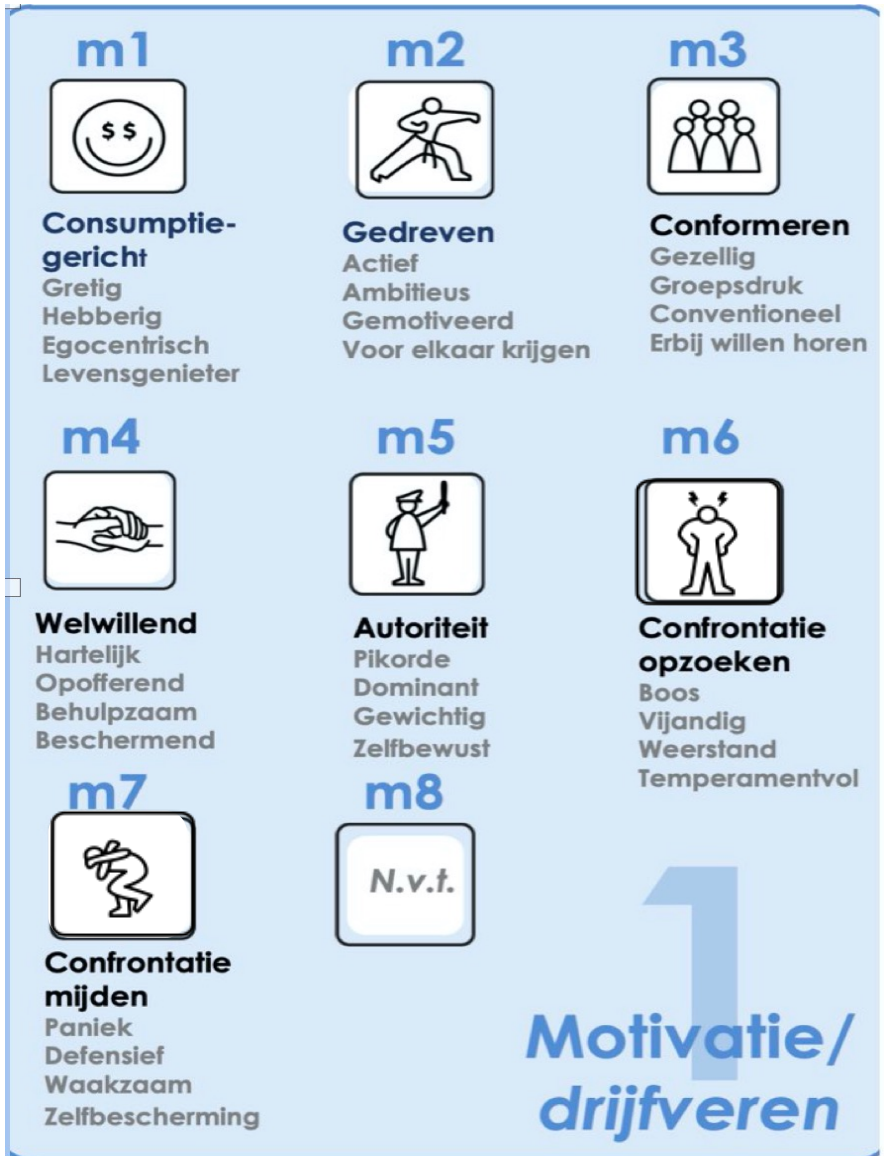
Eigen cases

1) **Selecteer een case, en leg uit:**
   - Wat is er gebeurd?
   - Wat leek het motief?
   - Hoe positief of negatief was dat?
   - Hoe voelde het voor jou?

2) **Onderzoek:**
- **Welk motief ligt er achter jouw gevoel?**
- **Klopt jouw inschatting van andermans motief?**
- **Als je jouw motief verandert, verandert je gevoel dan ook?**
- **Kun/wil/mag je het motief van de ander veranderen? En van jezelf?**

Doel: handelingsperspectief, controle, communicatie

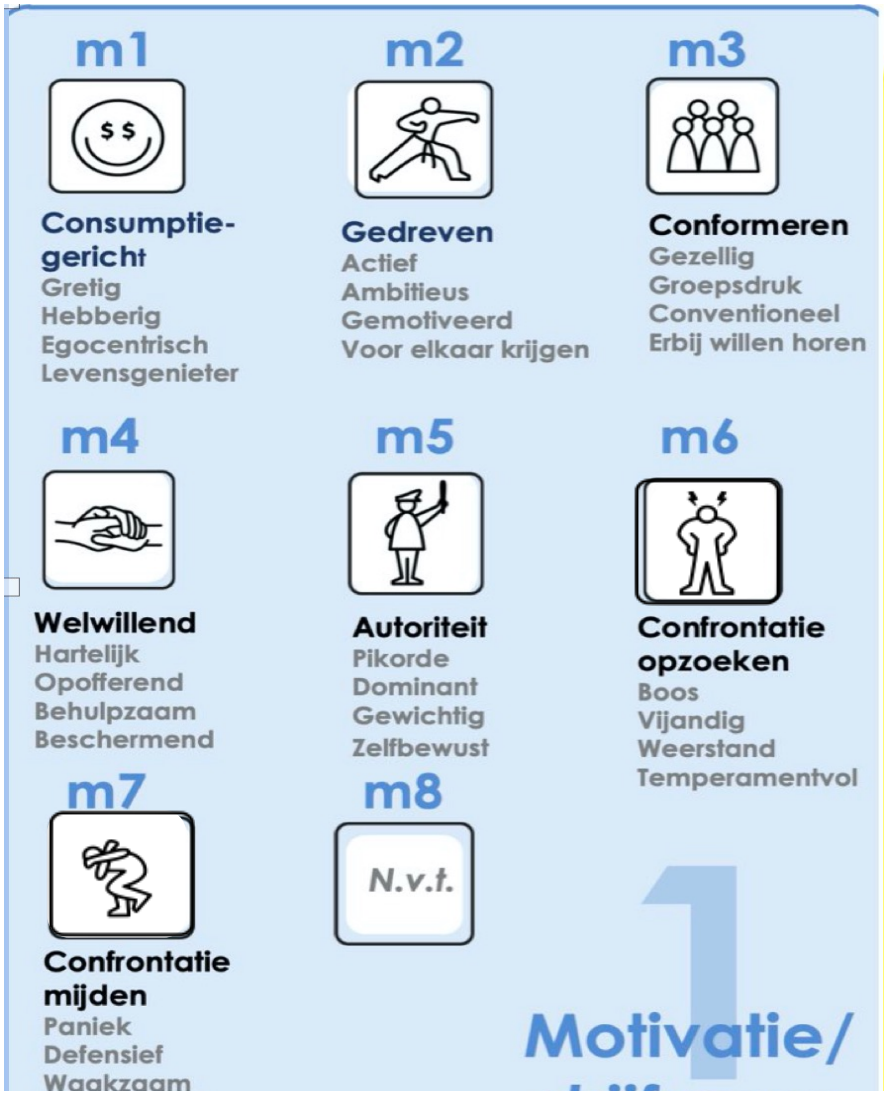
Motivation (Singer 2017)



Sentiment

Emotion (Ekman, 2016)

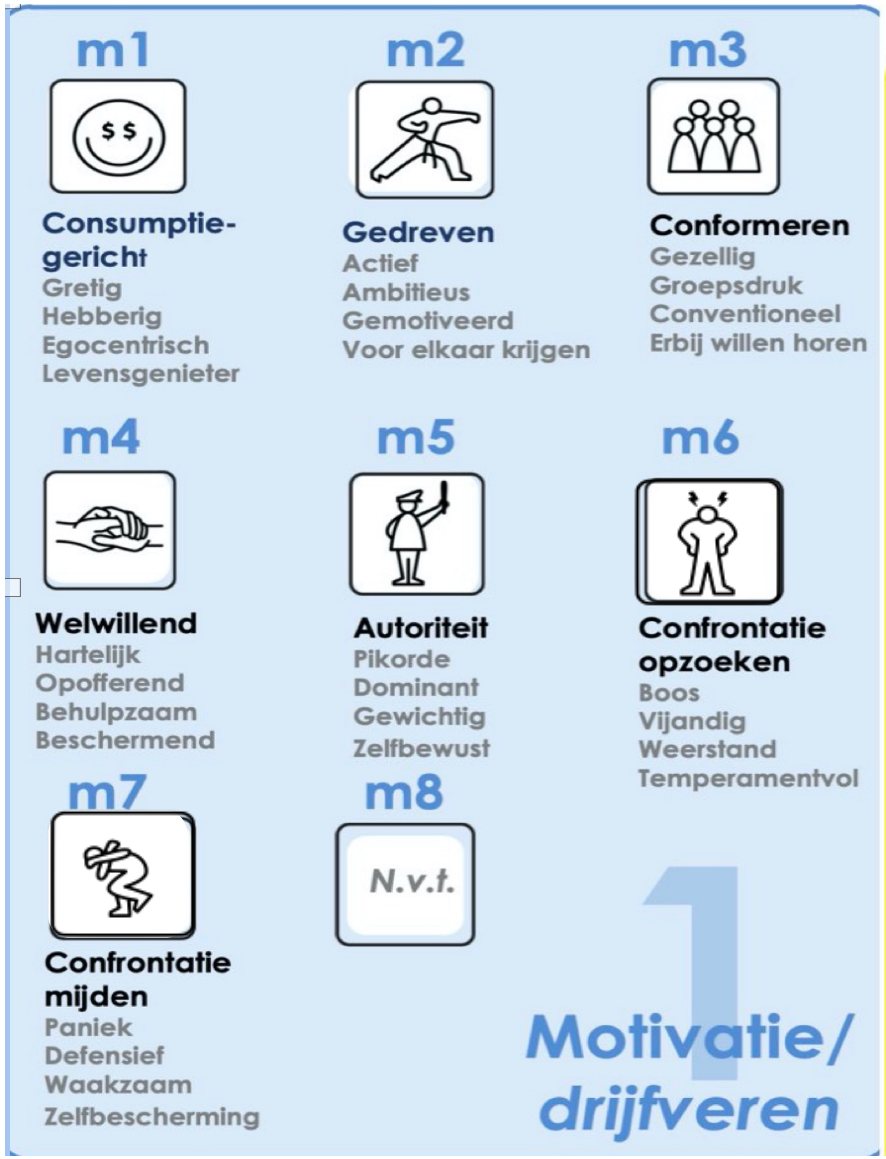
Motivation (Singer 2017)



Sentiment

Emotion (Ekman, 2016)

Motivation (Singer 2017)



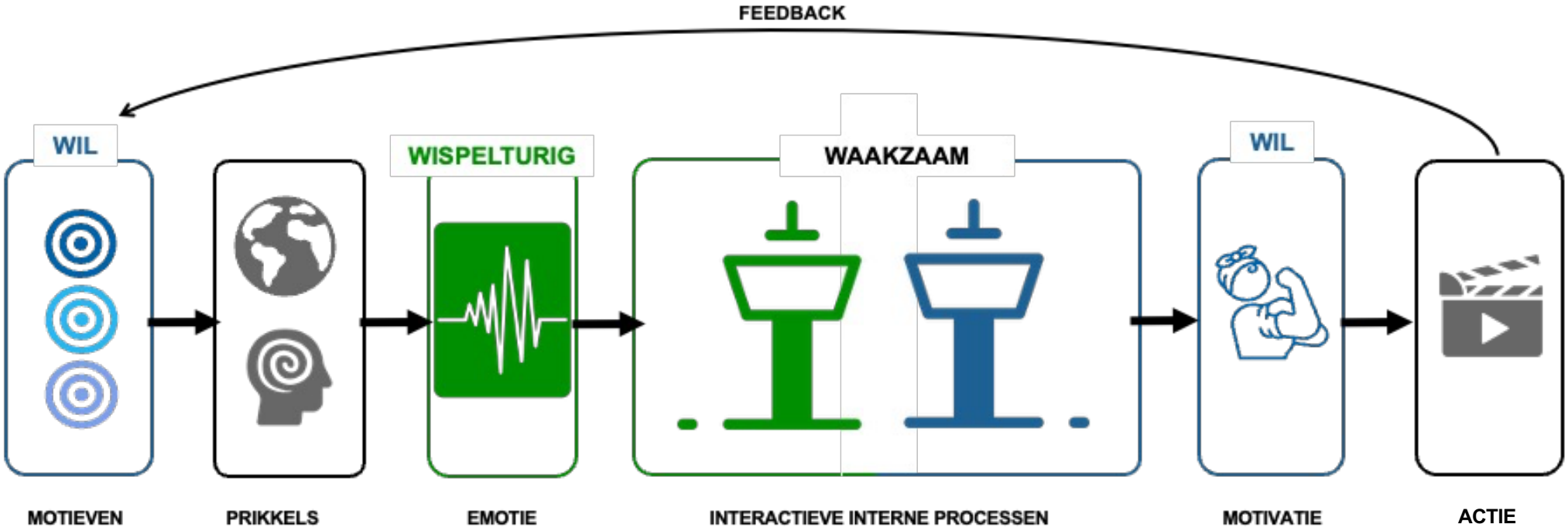
Sentiment

Emotion (Ekman, 2016)

Eigen cases

1) **Selecteer een case, en leg uit:**
   - Wat is er gebeurd?
   - Wat leek het motief?
   - Hoe positief of negatief was dat?
   - Hoe voelde het voor jou?

2) **Onderzoek:**
   - **Welk motief ligt er achter jouw gevoel?**
   - **Klopt jouw inschatting van andermans motief?**
   - **Als je jouw motief verandert, verandert je gevoel dan ook?**
   - **Kun/wil/mag je het motief van de ander veranderen? En van jezelf?**

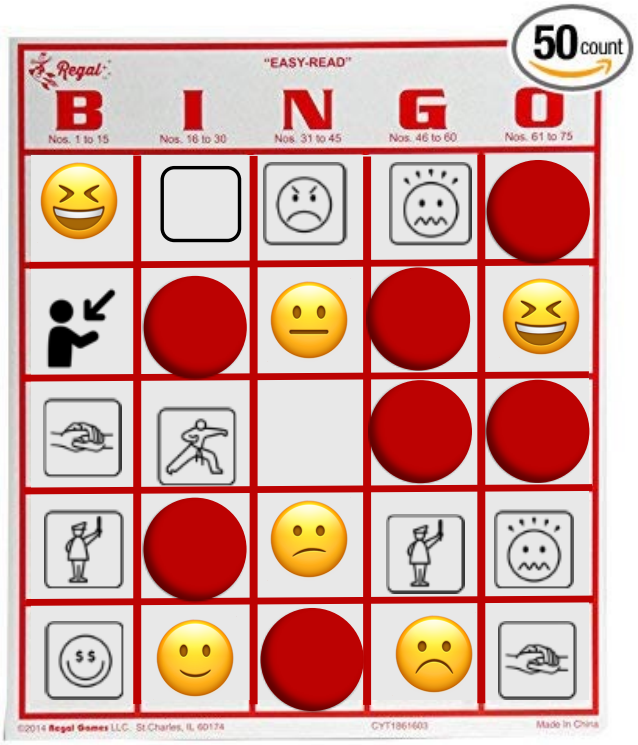

FEEDBACK
WIL
WISPELTURIG
WAAKZAAM
WIL
MOTIEVEN
PRIKKELS
EMOTIE
INTERACTIEVE INTERNE PROCESSEN
MOTIVATIE
ACTIE

Verder ontwikkelen?
Bv

- **Werkvormen**
- **Publicatie tzt**
- **Jouw ideeën**

philippine@waisvisz.nl
philippine.waisvisz@hu.nl
0614672238

bingo


Regal
"EASY-READ"
50 count
B
I
N
G
O
Nos. 1 to 15
Nos. 16 to 30
Nos. 31 to 45
Nos. 46 to 60
Nos. 61 to 75
©2014 Regal Games LLC. St.Charles, IL 60174
CYT1861603
Made in China

Motivation & Behavior

1. Bandura, A. (2009). Social cognitive theory of mass communication. In *Media effects* (pp. 110-140). Routledge.
2. Baumeister, R. F., Vohs, K. D., & Tice, D. M. (2007). The strength model of self-control. *Current directions in psychological science*, *16*(6), 351-355.
3. Fishbein, M., & Ajzen, I. (2011). *Predicting and changing behavior: The reasoned action approach*. Psychology press.
4. Locke, E. A., & Latham, G. P. (2004). What should we do about motivation theory? Six recommendations for the twenty-first century. *Academy of management review*, *29*(3), 388-403.
5. Michie, S., Van Stralen, M. M., & West, R. (2011). The behaviour change wheel: a new method for characterising and designing behaviour change 1
6. Ryan, R. M., & Deci, E. L. (2017). *Self-determination theory: Basic psychological needs in motivation, development, and wellness*. Guilford Publ.
7. Ryan, R. M. (Ed.). (2012). *The Oxford handbook of human motivation*. OUP USA.
8. Schwartz, S. H., & Boehnke, K. (2004). Evaluating the structure of human values with confirmatory factor analysis. *Journal of research in personality*, *38*(3), 230-255.
9. Teixeira, P. J. et al. . (2012). Exercise, physical activity, and self-determination theory: a systematic review. *International journal of behavioral nutrition and physical activity*, *9*(1), 1-30.
10. Vansteenkiste, M., Niemiec, C. P., & Soenens, B. (2010). The development of the five mini-theories of self-determination theory: An historical overview, emerging trends, and future directions. In *The decade ahead: Theoretical perspectives on motivation and achievement*. Emerald Group Publishing Limited.+

Emotion & Behavior

1. American Psychiatric Association. (2013). Diagnostic and statistical manual of mental disorders (5th ed.). https://doi.org/10.1176/appi.books.9780890425596
2. Baumeister, R. F., Vohs, K. D., Nathan DeWall, C., & Zhang, L. (2007). How emotion shapes behavior: Feedback, anticipation, and reflection, rather than direct causation. *Personality and social psychology review*, *11*(2), 167-203.
3. Boissy, A., Manteuffel, G., Jensen, M. B., Moe, R. O., Spruijt, B., Keeling, L. J., ... & Aubert, A. (2007). Assessment of positive emotions in animals to improve their welfare. *Physiology & behavior*, *92*(3), 375-397.
4. Eisenberg, N. (2000). Emotion, regulation, and moral development. *Annual review of psychology*, *51*(1), 665-697.
5. Eisenberg, N., Cumberland, A., & Spinrad, T. L. (1998). Parental Socialization of Emotion. *Psychological inquiry*, *9*(4), 241–273. https://doi.org/10.1207/s15327965pli0904_1
6. Gross, J. J. (2015). Emotion regulation: Current status and future prospects. *Psychological inquiry*, *26*(1), 1-26.
7. Hayes, S. C., & Hofmann, S. G. (Eds.). (2018). *Process-based CBT: The science and core clinical competencies of cognitive behavioral therapy*. New Harbinger Publications.
8. Lazarus, R. S. (2006). Emotions and interpersonal relationships: Toward a person-centered conceptualization of emotions and coping. *Journal of personality*, *74*(1), 9-46.
9. Mendl, M., Burman, O. H., & Paul, E. S. (2010). An integrative and functional framework for the study of animal emotion and mood. *Proceedings of the Royal Society B: Biological Sciences*, *277*(1696), 2895-2904.
10. Panksepp, J., & Biven, L. (2012). *The archaeology of mind: neuroevolutionary origins of human emotions (Norton series on interpersonal neurobiology)*. WW Norton & Company.