

EMOTIONS GLOSSARY

DARE TO LEAD BY BRENE BROWN.

Being able to understand emotions will help us and support our emotional literacy. It helps us to understand our emotional stories and thus learn from them. It will help us understand others and increase our ability to connect with ourselves and others.

1. **ANGER:** A secondary emotion for discharging difficult feelings and discomfort.
2. **ANXIETY:** Uncertainty, overwhelming fear, competing demands on our time, or social discomfort.
3. **BELONGING:** The innate human desire to be part of something larger than us. Because this yearning is so primal, we often try to acquire it by fitting in and by seeking approval, which are not only hollow substitutes for belonging, but often barriers to it. Because true belonging only happens when we present our authentic, imperfect selves to the world, our sense of belonging can never be greater than our level of self-acceptance.
4. **BLAME:** Used to discharge discomfort or pain; related to anger. It takes away our accountability and responsibility, letting the responsibilities stops our ability to improve or take control of our actions.
5. **CURIOS:** The desire and willingness to learn something about the unknown. Choosing to be curious is choosing to be vulnerable because it requires us to surrender to uncertainty. We don't let fear take over and we approach uncertainty with fun and positivity.
6. **DISAPPOINTED:** Unmet expectations. The more significant the expectation, the more significant the disappointment.
7. **DISGUST:** A feeling of strong dislike caused by something unpleasant or offensive.
8. **EMBARRASSMENT:** A fleeting and often somewhat humorous feeling of self-conscious discomfort in response to our actions, thoughts, or circumstances. Embarrassment falls in the category of self-conscious emotions along with shame, guilt, and humiliation. What distinguishes embarrassment from shame is knowing that we are not alone and that others have likely experienced something similar.
9. **EMPATHY:** Hearing the perspective of another, without judgement, and communicating our understanding of their emotional experience. We can only respond empathically if we are willing to be present with another person when they are experiencing pain or discomfort. Empathy is the antidote to shame and the heart of connection.

We further define empathy with the help of Theresa Wisemen and Kristin Neff. Theresa Wiseman's Attributes of Empathy are:

- **Staying out of judgement:** Practise non-judgement. Just listen.
- **Taking the other's perspective:** What does that mean for you? What is that experience like for you?

- **Understanding the emotion, you are hearing:** How can I find within myself something that feels like what the other person might be feeling? Check in and clarify what you are hearing. Ask questions.
- **Communicating our understanding about the emotion.**

We also think this fifth component from Kristen Neff is important:

- **Practise mindfulness:** This is not pushing away emotion because it's uncomfortable, but feeling it and moving through it. This matters – if I think empathy is to jump into your dark hole with you, then I can't help you because now I'm stuck in the hole too. I must know the boundaries of where you end and I begin. I can't be empathetic if I am taking on another's story.

10. **EXCITED:** Very enthusiastic and eager.
11. **FEAR/SCARED:** A feeling of electricity/activation/charge in our nervous system caused by a real or perceived threat of danger, pain, or harm.
12. **FRUSTRATED:** Feeling of distress, irritation, and annoyance resulting from an inability to change or achieve something or when one's expectations are not met.
13. **GRATITUDE:** A practice of expressing thankfulness and appreciation. Practicing gratitude is bound to the belief of human interconnectedness, a spiritual way of engaging with the world, and a power greater than us. Without gratitude, there is no joy.
14. **GRIEF:** Three fundamental elements of grief are loss, longing, and feeling lost. We run from grief because loss scares us, yet our hearts reach toward grief because the broken parts want to mend. Grief seems to create losses within us that reach beyond our awareness – we feel as if we're missing something that may have been invisible and unknown to us while we had it, but is now painfully gone.
15. **GUILT:** Feeling of self-conscious discomfort in response to our own actions, thoughts, or circumstances. Feelings of guilt focus on the behaviour, in contrast with shame, which focuses on the self. Examples of thoughts that might accompany guilt include: "I did something bad", or "I made a mess". Guilt has the potential to motivate us toward positive change.
16. **HAPPY:** Feeling pleasure or contentment; often related to you immediate environment or circumstances.
17. **HUMILIATION:** A feeling of painful self-conscious discomfort. Very similar to shame with one important exception: we believe we deserve our shame, whereas we don't believe we deserve our humiliation.
18. **HURT:** Emotional pain or distress.

19. JEALOUS: Feeling or showing envious resentment of someone or their achievements, possessions, or perceived advantages.
20. JOY: Intense feelings of deep spiritual connection and pleasure. As a deeply vulnerable experience, there is no emotion more difficult than joy.
21. JUDGEMENT: Observation with values attached, often resulting in a negative evaluation or opinion. We tend to judge others in the areas where we are most susceptible to shame. Nonjudgement is a key element of trust (BRAVING checklist)
 - Boundaries
 - Reliability
 - Accountability
 - Vault
 - Integrity
 - Nonjudgment
 - Generosity
22. LONELY: A sad feeling of being alone.
23. LOVE: We cultivate love when we allow our most vulnerable and powerful selves to be deeply seen and known, and when we honour the spiritual connection that grows from that offering with trust, respect, kindness and affection. Love is not something we give or get; it is something that we nurture and grow, a connection that can only be cultivated between two people when it exists within each one of them – we can only love others as much as we love ourselves. Shame, blame, disrespect, betrayal, and the withholding of affection damage the roots from which love grows. Love can only survive these injuries if they are acknowledged, healed and infrequent.
24. OVERWHELMED: To feel saturated by an environment or set of circumstances and be overcome completely in mind or feeling.
25. REGRET: To feel sad, repentant, or disappointed over something that one has done or failed to do. Regret is a fair but tough teacher, in that it provides a powerful emotional reminder that change and growth are necessary. Regret is a call to courage and a path toward wisdom.
26. SAD: Feeling sorrow; unhappy.
27. SHAME: The intensely painful feeling or experience of believing that we are flawed and therefore unworthy of love and belonging. Examples of thoughts that might accompany shame include: "I am bad" "I am a mess". The focus is on self, not behaviour, with the result that we feel alone. Shame is never known to lead us toward positive change.
28. SURPRISED: Feeling of milk astonishment or shock caused by something unexpected.
29. VULNERABILITY: Uncertainty, risk, and emotional exposure.

30. WORRIED: Feeling anxious or troubled about problems or unpleasant things that are happening or may happen.