

87 Human Emotions & Experiences

Based on the research of *Atlas of the Heart* by Brené Brown

PLACES WE GO WHEN Things Are Uncertain Or Too Much

- Stress
- Overwhelm
- Anxiety
- Worry
- Avoidance
- Excitement
- Dread
- Fear
- Vulnerability

PLACES WE GO WHEN We Compare

- Comparison
- Admiration
- Reverence
- Envy
- Jealously
- Resentment
- Schadenfreude
- Freudenfreude

PLACES WE GO WHEN Things Don't Go As Planned

- Boredom
- Disappointment
- Expectations
- Regret
- Discouragement
- Resignation
- Frustration

PLACES WE GO WHEN It's Beyond Us

- Awe
- Wonder
- Confusion
- Curiosity
- Interest
- Surprise

PLACES WE GO WHEN Things Aren't What They Seem

- Amusement
- Bittersweetness
- Nostalgia
- Cognitive Dissonance
- Paradox
- Irony
- Sarcasm

PLACES WE GO WHEN We're Hurting

- Anguish
- Hopelessness
- Despair
- Sadness
- Grief

PLACES WE GO With Others

- Compassion
- Pity
- Empathy
- Sympathy
- Boundaries
- Comparative Suffering

PLACES WE GO WHEN We Fall Short

- Shame
- Self-Compassion
- Perfectionism
- Guilt
- Humiliation
- Embarrassment

PLACES WE GO WHEN We Search for Connection

- Belonging
- Fitting In
- Connection
- Disconnection
- Insecurity
- Invisibility
- Loneliness

PLACES WE GO WHEN The Heart Is Open

- Love
- Lovelessness
- Heartbreak
- Trust
- Self-Trust
- Betrayal
- Defensiveness
- Flooding
- Hurt

PLACES WE GO WHEN Life Is Good

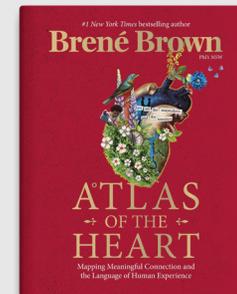
- Joy
- Happiness
- Calm
- Contentment
- Gratitude
- Foreboding Joy
- Relief
- Tranquility

PLACES WE GO WHEN We Feel Wronged

- Anger
- Contempt
- Disgust
- Dehumanization
- Hate
- Self-Righteousness

PLACES WE GO To Self-Assess

- Pride
- Hubris
- Humility



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Empathy Misses

The 8 emotions, behaviors, and empathic miscues that get in the way of connection.

Sympathy Versus Empathy

The person who responds with sympathy (“I feel so sorry for you”) rather than empathy (“I get it, I feel with you, and I’ve been there”). The subtext of this response is distance: These things don’t happen to me or people like me. If you want to see a shame cyclone turn deadly, throw one of these at it: “Oh, you poor thing” or “Bless your heart.”

Judgment

The person who hears the story and actually feels shame for you. The friend gasps and confirms how horrified you should be. Then there is an awkward silence. Then you have to make this person feel better by convincing them that you’re not a terrible person.

Disappointment

The person who needs you to be the pillar of worthiness and authenticity. This person can’t help you because they are too disappointed in your imperfections. You’ve let this person down.

Discharging Discomfort With Blame

Because shame is visceral and contagious, we can feel it for other people. This person immediately needs to discharge the discomfort and vulnerability of the situation by blaming and scolding. They may blame/scold you: “What were you thinking?” Or they may look for someone else to take the fall: “Who was that guy? We’ll kick his butt.” Caution: Parents can fall easily into this when a child shares a shaming story with them. “How did you let this happen?”

Minimize/Avoid

We minimize and avoid when we want hard feelings to go away. Out of their own discomfort, this person refuses to acknowledge that you’re in pain and/or that you’re hurting: “You’re exaggerating. It wasn’t that bad. You rock. You’re perfect. Everyone loves you.”

Comparing/Competing

This person confuses connecting with you over shared experiences with the opportunity to one-up you. “That’s nothing. Listen to what happened to me one time!”

Speaking Truth to Power

You hold someone accountable for language, comments, or behavior that marginalizes or dehumanizes others, and it causes discomfort or conflict. When this person observes this or hears your story of what happened, they respond with “I can’t believe you said that to your boss!” or “I can’t believe you went there!” or “You can’t talk about that stuff with people” versus

an empathic response of “That must have been hard—you were really brave” or “It’s hard to stand up for what you believe in—thank you.”

Advice Giving/ Problem Solving

Sometimes when we see pain our first instinct is to fix it. This is especially true for those of us whom people seek out to help with problem-solving. In these instances, rather than listen and be with people in their emotion, we start fixing.



Needs Inventory



The following list of needs is neither exhaustive nor definitive. It is meant as a starting place to support anyone who wishes to engage in a process of deepening self-discovery and to facilitate greater understanding and connection between people.

CONNECTION

acceptance
affection
appreciation
belonging
cooperation
communication
closeness
community
companionship
compassion
consideration
consistency
empathy
inclusion
intimacy
love
mutuality
nurturing
respect/self-respect

CONNECTION continued

safety
security
stability
support
to know and be known
to see and be seen
to understand and
be understood
trust
warmth

PHYSICAL WELL- BEING

air
food
movement/exercise
rest/sleep
sexual expression
safety
shelter
touch
water

HONESTY

authenticity
integrity
presence

PLAY

joy
humor

PEACE

beauty
communion
ease
equality
harmony
inspiration
order

AUTONOMY

choice
freedom
independence
space
spontaneity

MEANING

awareness
celebration of
life
challenge
clarity
competence
consciousness
contribution
creativity
discovery
efficacy
effectiveness
growth
hope
learning
mourning
participation
purpose
self-
expression
stimulation
to matter
understanding

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Feelings Inventory



The following are words we use when we want to express a combination of emotional states and physical sensations. This list is neither exhaustive nor definitive. It is meant as a starting place to support anyone who wishes to engage in a process of deepening self-discovery and to facilitate greater understanding and connection between people.

There are two parts to this list: feelings we may have when our needs are being met and feelings we may have when our needs are not being met.

Feelings when your needs are satisfied

AFFECTIONATE

compassionate
friendly
loving
open hearted
sympathetic
tender
warm

ENGAGED

absorbed
alert
curious
engrossed
enchanted
entranced
fascinated
interested
intrigued
involved
spellbound
stimulated

HOPEFUL

expectant
encouraged
optimistic

CONFIDENT

empowered
open
proud
safe
secure

EXCITED

amazed
animated
ardent
aroused
astonished
dazzled
eager
energetic
enthusiastic
giddy
invigorated
lively
passionate
surprised
vibrant

GRATEFUL

appreciative
moved
thankful
touched

INSPIRED

amazed
awed
wonder

JOYFUL

amused
delighted
glad
happy
jubilant
pleased
tickled

EXHILARATED

blissful
ecstatic
elated
enthralled
exuberant
radiant
rapturous
thrilled

PEACEFUL

calm
clear headed
comfortable
centered
content
equanimous
fulfilled
mellow
quiet
relaxed
relieved
satisfied
serene
still
tranquil
trusting

REFRESHED

enlivened
rejuvenated
renewed
rested
restored
revived

Feelings when your needs are not satisfied

AFRAID

apprehensive
dread
foreboding
frightened
mistrustful
panicked
petrified
scared
suspicious
terrified
wary
worried

ANNOYED

aggravated
dismayed
disgruntled
displeased
exasperated
frustrated
impatient
irritated
irked

ANGRY

enraged
furious
incensed
indignant
irate
livid
outraged
resentful

AVERSION

animosity
appalled
contempt
disgusted
dislike
hate
horrified
hostile
repulsed

CONFUSED

ambivalent
baffled
bewildered
dazed
hesitant
lost
mystified
perplexed
puzzled
torn

DISCONNECTED

alienated
aloof
apathetic
bored
cold
detached
distant
distracted
indifferent
numb
removed
uninterested
withdrawn

DISQUIET

agitated
alarmed
discombobulated
disconcerted
disturbed
perturbed
rattled
restless
shocked
startled
surprised
troubled
turbulent
turmoil
uncomfortable
uneasy
unnerved
unsettled
upset

EMBARRASSED

ashamed
chagrined
flustered
guilty
mortified
self-conscious

FATIGUE

beat
burnt out
depleted
exhausted
lethargic
listless
sleepy
tired
weary
worn out

PAIN

agony
anguished
bereaved
devastated
grief
heartbroken
hurt
lonely
miserable
regretful
remorseful

SAD

depressed
dejected
despair
despondent
disappointed
discouraged
disheartened
forlorn
gloomy
heavy hearted
hopeless
melancholy
unhappy
wretched

TENSE

anxious
cranky
distressed
distraught
edgy
fidgety
frazzled
irritable
jittery
nervous
overwhelmed
restless
stressed out

VULNERABLE

fragile
guarded
helpless
insecure
leery
reserved
sensitive
shaky

YEARNING

envious
jealous
longing
nostalgic
pining
wistful

R U L E R

Recognizing, Understanding, Labeling, Expressing, Regulating Emotions in Families

Tips we can all practice to help families feel better and build stronger relationships.

1. Pay attention: We all have feelings all the time - they come, they go - they're all okay. Emotions are signals we can learn from; they carry important information and can help us connect with each other.
2. Feel your feelings: Our feelings make us human. Noticing and naming our feelings helps us know ourselves better and make smarter decisions. We can all be better about enhancing feelings that make us feel better, versus the ones that don't.
3. Talk about your feelings: Engaging in conversations with family members about feelings helps us understand and feel closer to one another. Sometimes conversations help us untangle why we feel what we do, and get clarity about what to do next.
4. Listen: to understand: not to judge, deny, or dismiss one another's emotions.
5. Be curious: Being curious "emotion scientists" about ourselves and others can lead to discoveries that enliven our relationships and help us understand our thoughts, feelings, and behaviors. Getting at the underlying feeling and its cause is critical to providing the best possible support.
6. Show empathy: We all want to feel understood. While we may not agree with one another's actions, it is important that we try to accept and understand one another's feelings. When we do this, we build emotional safety, trust, and closeness.
7. Choose your response wisely: Having feelings is different from acting on our feelings. We don't have to react immediately to something that someone says or does, or be derailed. We can slow down (breathe), feel our feelings, think about our best self, and choose a response that we feel proud of, rather than regret.
8. Remember there's more than one view: We often feel we're right, but there might be another way to look at it, without necessarily making our view wrong. Sharing different points of view within a family can be healthy.
9. Stay connected: Take time every day to reach out to loved ones to let them know you are thinking about them.
10. Have the courage to repair: After an argument or being disappointed in a loved one, don't be afraid to be the first to reach out. Say you're sorry if you know you've hurt someone's feelings.
11. Add a dose of kindness: Your relationships will be warmer, and when you look back on your life, you'll be glad you were kind and compassionate to one another.

- ✓ Validate all emotions
- ✓ Use a more elaborate "feeling word" vocabulary
- ✓ Be a role model!

angry

GRUMPY
FRUSTRATED
ANNOYED
DEFENSIVE
IRRITATED
OFFENDED
SPITEFUL

sad

DISAPPOINTED
MOURNFUL
REGRETFUL
DEPRESSED
PESSIMISTIC
TEARFUL
DISILLUSIONED

anxious

AFRAID
STRESSED
VULNERABLE
CONFUSED
WORRIED
CAUTIOUS
NERVOUS

hurt

JEALOUS
BETRAYED
ISOLATED
SHOCKED
VICTIMIZED
TORMENTED
ABANDONED

embarrassed

ISOLATED
SELF-CONSCIOUS
INFERIOR
GUILTY
ASHAMED
PATHETIC
CONFUSED

happy

THANKFUL
TRUSTING
CONTENT
EXCITED
RELIEVED
ELATED
CONFIDENT

Go beyond the obvious umbrella term
to identify *exactly what you're feeling.*

SUSAN DAVID

EMOTIONAL AGILITY