

# FEELINGS and EMOTIONS

## What are they?

Emotion: Immediate, chemically driven, physiological, (maybe unconscious) response to stimulus  
Feeling: Includes cognitive interpretation and socialization; longer lasting

## Can't find the words? Consider describing ...

Basic feeling: **MAD, SAD, GLAD, BAD** (shame or disgust), **EGAD!** (*fear or surprise*)  
Clues: Body sensations  
Relationship: I feel closer / I feel more distant  
Metaphor: and Imagery (animals, nature, recalled experiences ... trust your intuition)

## Additional Frames

Tone: Positive – Negative - Vulnerable  
Elisabeth Kübler-Ross: “There are only two primary emotions ... Love or Fear”  
Impulse re: other: Turning Towards - Turning Against - Turning Away - Turning Within

## Why risk sharing them?

Self-discovery (values, priorities)	Be more fully known	Conflicts solved at level of
Improve odds of getting needs met	Create deeper relationships	feelings & values
Convey what is important	Congruence builds trust	
Early warning system	Inspire and influence others	

## “Flooding”, Self-Soothing, and Taking Breaks

Physical techniques to lower the heart rate – Mental reframes – Curiosity vs. Contempt

## BE MINDFUL OF ....

**Thoughts disguised as feelings.** “I feel like (that) you \_\_\_\_\_” **is not a feeling** 😊  
→ “I *THINK* that you \_\_\_\_\_ ... and I *FEEL* \_\_\_\_\_ about it.”  
(interpretation) (single feeling word)

## “Interpretation” Feelings (*Rejected, Judged, Offended, etc*)

Can be useful descriptors  
May create defensiveness or debate  
Better: “I *think* (worry) you’re judging me, and I *feel* \_\_\_\_\_ (sad, angry, scared) about it”

## Conflicting or Multiple Emotions

Sue Johnson: We act from multiple feelings at once; often vulnerable ones hidden  
-5 + 5 ≠ 0. Share them both.

## “Cover” or “Go To” Emotions

Role of social conditioning (“*men display anger*” or “*women display tears*”)  
Can decrease odds of getting needs met (*ie, hurt displayed as anger -- or anger displayed as tears/vulnerability -- will likely elicit a response that’s opposite to what one actually wants*)  
When on the receiving end of difficult emotions, listen for (& support) underlying vulnerability