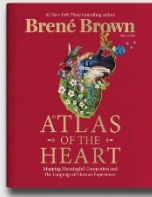


87 Human Emotions & Experiences

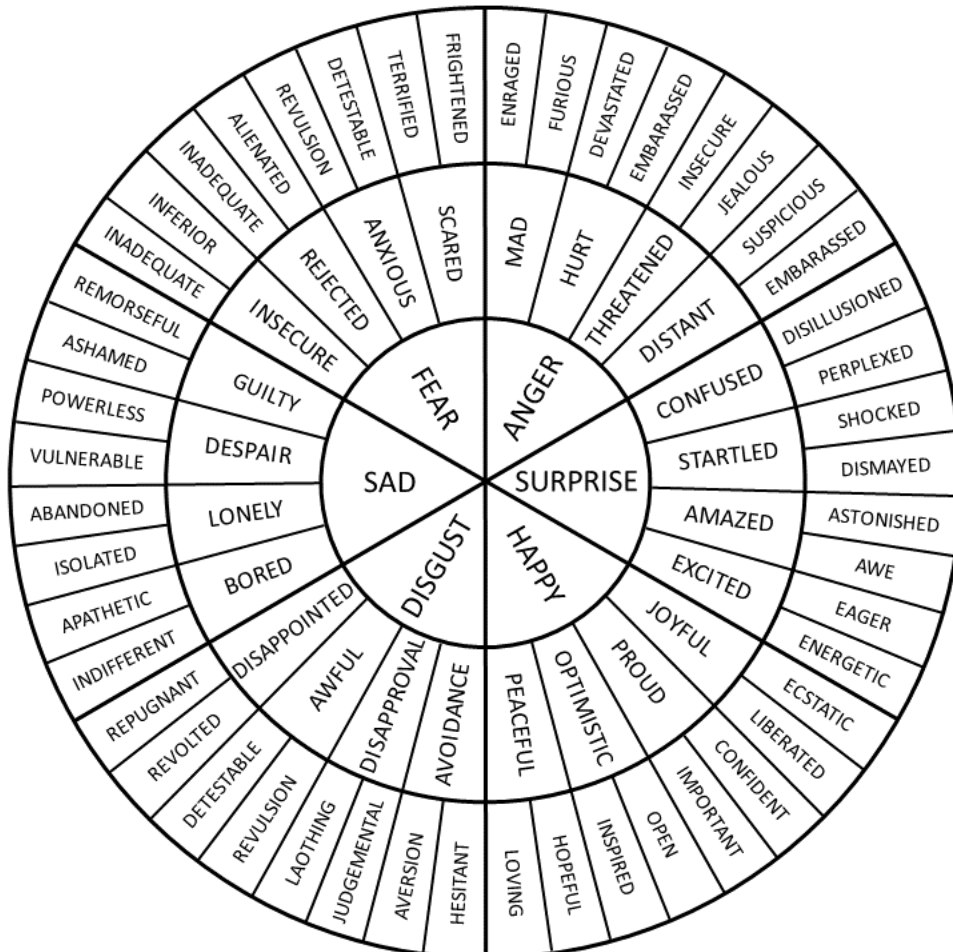
Based on the research of *Atlas of the Heart* by Brené Brown

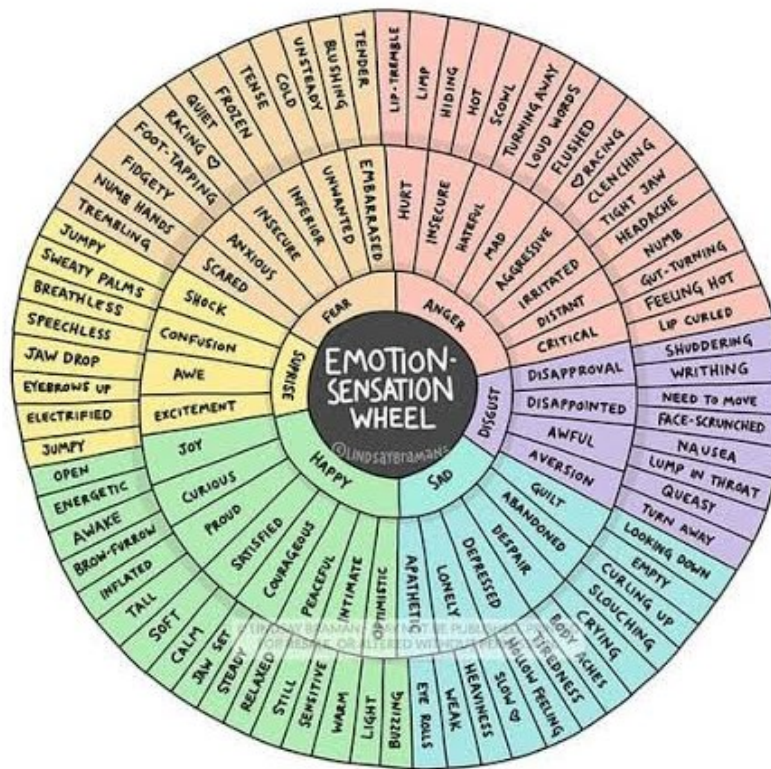
<p>PLACES WE GO WHEN Things Are Uncertain Or Too Much</p> <ul style="list-style-type: none"> Stress Overwhelm Anxiety Worry Avoidance Excitement Dread Fear Vulnerability 	<p>PLACES WE GO WHEN We Compare</p> <ul style="list-style-type: none"> Comparison Admiration Reverence Envy Jealousy Resentment Schadenfreude Freudenfreude 	<p>PLACES WE GO WHEN Things Don't Go As Planned</p> <ul style="list-style-type: none"> Boredom Disappointment Expectations Regret Discouragement Resignation Frustration 	<p>PLACES WE GO WHEN It's Beyond Us</p> <ul style="list-style-type: none"> Awe Wonder Confusion Curiosity Interest Surprise 	<p>PLACES WE GO WHEN Things Aren't What They Seem</p> <ul style="list-style-type: none"> Amusement Bittersweetness Nostalgia Cognitive Dissonance Paradox Irony Sarcasm
<p>PLACES WE GO WHEN We're Hurting</p> <ul style="list-style-type: none"> Anguish Hopelessness Despair Sadness Grief 	<p>PLACES WE GO WITH Others</p> <ul style="list-style-type: none"> Compassion Pity Empathy Sympathy Boundaries Comparative Suffering 	<p>PLACES WE GO WHEN We Fall Short</p> <ul style="list-style-type: none"> Shame Self-Compassion Perfectionism Guilt Humiliation Embarrassment 	<p>PLACES WE GO WHEN We Search for Connection</p> <ul style="list-style-type: none"> Belonging Fitting In Connection Disconnection Insecurity Invisibility Loneliness 	<p>PLACES WE GO WHEN The Heart Is Open</p> <ul style="list-style-type: none"> Love Lovelessness Heartbreak Trust Self-Trust Betrayal Defensiveness Flooding Hurt
<p>PLACES WE GO WHEN Life Is Good</p> <ul style="list-style-type: none"> Joy Happiness Calm Contentment Gratitude Foreboding Joy Relief Tranquility 	<p>PLACES WE GO WHEN We Feel Wronged</p> <ul style="list-style-type: none"> Anger Contempt Disgust Dehumanization Hate Self-Righteousness 	<p>PLACES WE GO To Self-Assess</p> <ul style="list-style-type: none"> Pride Hubris Humility 		



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Common Words For Physical Sensations

Tender
aglow
cozy
melting
moved
tender
touched
warm

Scared
cold
dark
shaky
shivery
sweaty
Trembling

Shame/depressed
draining
alone
contracted
cut-off
disappearing
disappearing
disconnected
empty
frozen
heavy
hiding
icy
imploding
imploding
small

Angry
burning
clenched
constricted
dense
energized
explosive
firey
hot
impulsive
knotted
red hot
rush

Anxiety
dizzy
fluttery
nauseous
pit in stomach
queasy
spacey
tingling
twitchy

Vulnerable/Hurt
achy
bruised
cutting
open
piercing
prickly
raw
searing
sensitive
sore
wobbly

Sad
heavy
alone
blue
burdened
down
empty
hole
hollow
untethered
weighted

Constricted
armored
blocked
clenched
closed
cold
congested
constricted
contracted
cool
knotted
numb
stuck
suffocated
tense
thick
throbbing
tight
wooden

Energized
activated
breathless
bubbly
buzzy
electric
energized
floating
fluid
itchy
nervy
pounding
radiating
referring
shimmery
streaming
tingling
twitchy
Openhearted
airy
alive
awake
expanded
expansive
flowing
full
light
open
relaxed
releasing
shimmering
smooth
spacious
still
vital

What Triggered Me

1. I felt excluded.
2. I felt powerless.
3. I felt unheard.
4. I felt scolded.
5. I felt judged.
6. I felt blamed.
7. I felt disrespected.
8. I felt lack of affection.
9. I felt I couldn't speak up.
10. I felt lonely.
11. I felt ignored.
12. I felt I couldn't be honest.
13. I felt like the bad guy.
14. I felt forgotten.
15. I felt unsafe.
16. I felt unloved.
17. I felt it was unfair.
18. I felt frustrated.
19. I felt disconnected.
20. I felt trapped.
21. I felt lack of passion.
22. I felt uncared for.
23. I felt manipulated.
24. I felt controlled.

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What Your Triggers Mean

Anger tells us when a fundamental need is being ignored or dismissed

Shame invites us to practice giving ourselves acceptance + love

Jealousy shows us what we want for ourselves + where we feel 'less than'

Judgement or criticism of others shows us where we judge ourselves

Depression shows us when our Soul is not being nourished by living your life the way

Overwhelm invites us to pause + release the things we do not need to do

Exhaustion invites us to put boundaries in to stop us from over functioning

Dissociation tells us we're feeling unsafe + invites us to return to our body + ground

@jenpeters_soulguide_healer



UNHELPFUL THINKING STYLES

<p>ALL OR NOTHING THINKING</p>	<p>Sometimes called "black & white thinking".</p> <p>"If I'm not perfect, I have failed"</p> <p>"Either I do it right or not at all"</p>	<p>OVERGENERALIZING</p> <p>"EVERYTHING IS ALWAYS TERRIBLE"</p> <p>"NOTHING GOOD EVER HAPPENS"</p>	<p>Seeing a pattern based upon a single event, or being overly broad in the conclusions we draw.</p>
<p>MENTAL FILTER</p>	<p>Only paying attention to certain types of evidence.</p> <p>Noticing our failures but not seeing our successes</p>	<p>DISQUALIFYING THE POSITIVE</p>	<p>Discounting the good things that have happened or that you have done for some reason or another.</p> <p>"That doesn't count"</p>
<p>JUMPING TO CONCLUSIONS</p>	<p>There are two key types of jumping to conclusions:</p> <ul style="list-style-type: none"> • Mind Reading (imagining we know what others are thinking) • Fortune telling (predicting the future) 	<p>MAGNIFICATION & MINIMIZATION</p>	<p>Blowing things out of proportion (catastrophizing), or inappropriately shrinking something to make it seem less important.</p>
<p>EMOTIONAL REASONING</p>	<p>Assuming that because we feel a certain way, what we think must be true.</p> <p>"I feel embarrassed so I must be an idiot"</p>	<p>SHOULD MUST</p>	<p>Using critical words like 'should', 'must', or 'ought' can make us feel guilty, or like we have already failed.</p> <p>If we apply 'shoulds' to other people the result is often frustration.</p>
<p>LABELING</p>	<p>Assigning labels to ourselves or other people.</p> <p>"I'm a loser"</p> <p>"I'm completely useless"</p> <p>"They're such an idiot"</p>	<p>PERSONALIZATION</p>	<p>Blaming yourself or taking responsibility for something that wasn't completely your fault. Conversely, blaming other people for something that was your fault.</p>

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when you are "triggered"

you may feel	instead of	try
<ul style="list-style-type: none"> • attacked • humiliated • scared • unloved • powerless • overwhelmed • helpless • judged • gaslighted • belittled • left out • anxious • betrayed • controlled 	<ul style="list-style-type: none"> • lashing out • blaming • getting aggressive • withdrawing • pleasing • numbing • deflecting • justifying • getting defensive • catastrophizing • attacking • shutting down • over-explaining • beating yourself up 	<ul style="list-style-type: none"> • removing yourself from the situation • naming your thoughts • naming your feelings • being self-compassionate • deep breathing • grounding techniques • going for a walk • hitting a punching ball • taking a shower • talking with a friend • connecting with nature • journaling

@mymentalhealthspace