

A dramatic background image of a stormy sky with dark, swirling clouds and bright, jagged lightning bolts striking across the frame. The lighting is high-contrast, with the white of the lightning against the deep blues and purples of the storm clouds.

Improve your Emotional Fluency

*Learning to recognize
and accept emotional states*

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Core Emotions

You use these to avoid facing core emotions

Discover your true emotions

You feel these first

Defensive Reactions

Sex
Food
Anger
Drugs
Humor
Alcohol
Sarcasm
Gambling
Being "busy"
Dissociation

Secondary Emotions

Anger
Worry
Apathy
Anxiety
Numbness
Annoyance
Irritability
Frustration
Nervousness

FEAR

SADNESS

JOY

HURT OR SHAME

Emotions defined

*People often say, “I feel...”
when expressing an
opinion, belief, or thought.*

Feelings = Emotion

*i.e. happy, sad, afraid, worried,
anxious, angry, embarrassed, etc.*

Secondary Emotions

Often described as:

- ◆ *Frustration*
- ◆ *Irritation*
- ◆ *Annoyance*
- ◆ *Concern*

***DEFAULT** – We experience these without realizing they are only hints that will lead us to our true feelings*

Ask yourself:

“What’ else is there?”

“What’s behind this feeling?”

Defensive Reactions

Automatic reactions we use to prevent others or ourselves from recognizing and experiencing our true emotions.

These reactions can be as varied as each individual.

Examples:

aggressiveness, humor, sarcasm, staying busy, inappropriate use of drugs, alcohol, or sex, gambling, etc.

Core Emotions

| JOY | SADNESS | FEAR | HURT/SHAME |
|-----------|-------------------|--------------|-------------|
| Happy | Glum | Worried | Embarrassed |
| Excited | Blue | Nervous | Ashamed |
| Satisfied | Down-in-the-dumps | Anxious | Humiliated |
| Good | Discouraged | Apprehensive | Heartbroken |
| Smug | Depressed | Cautious | Punished |
| Confident | Despondent | Skeptical | Shunned |
| Calm | Bored | Afraid | Bad |
| Relaxed | Apathetic | Terrified | Dirty |
| Rested | Lonely | Scared | Worthless |

There is an infinite range of emotions for each category. There are not enough words in any language to express the range of emotions we can experience. That's why we sometimes struggle to identify our emotions. Using categories makes it easier to communicate our feelings.

A dramatic, stormy sky with dark, heavy clouds and several bright, jagged lightning bolts striking across the frame. The lighting is high-contrast, with the white of the lightning bolts standing out against the dark, purple-tinged sky.

What did we forget?

Love

Anger

Love

*Love is not actually an emotion.
When most people say,
“I’m in love,”
they are actually
experiencing a type of joy...*

It’s **EUPHORIA**

*True love is a choice,
a commitment,
not a feeling.*

*True love lasts when
the feelings fade.*

Anger

*So why is anger not a
Core Emotion?*

*Anger is often a
smokescreen for
another emotion.*

*The next time you are angry,
ask yourself what other
emotion is present.*

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