

JOURNAL PROMPTS & EMOTIONS

Type

8	Think of the last time you reacted to protect yourself or someone you love. What were the deeper emotions associated with that interaction?
9	What would happen if you rocked the boat and lost a significant disagreement? What if you didn't take the opportunity to engage and lost the disagreement? What emotions might come up?
1	How has grace shown up in your life? How can you offer more grace to yourself and others? What are some of the challenges and emotions involved with rigidity, with letting go, and with grace?
2	How have you allowed others to show you love, even if it's not the love you were expecting? What stops you from allowing others to show you love? What emotions might come up?
3	Think of a time when a goal wasn't reached. What was your emotional experience? What was the valuable lesson and emotions around it?
4	What is it like to think of yourself as common and ordinary? What deeper emotions might come up under the flurry of surface emotions?
5	What happens when you don't have all the answers or someone encroaches into your space? What emotions come up?
6	What are some of the ways that you can stay loyal to yourself – your own beliefs, desires and feelings – when they differ from others? What emotions come up around uncertainty?
7	How can you feel safer and allow someone to support you today? What emotions come up thinking about missing an opportunity? What emotions come up thinking about sitting alone and doing nothing for several minutes?

7 Primary, Universal Human Emotions

Mad/angry – not to be mistaken for aggression which is a combo of anger, beliefs and behaviors. The *message* of anger: I'm not getting what I need, including physical needs and the need to feel valued by another. My goal is to survive and defend myself against my shame of feeling needy. Anger often shields other tender emotions.

Sad – not to be mistaken for depression which is a combo of sadness, loneliness, physiology, beliefs and behaviors; The *message* of sadness: I've lost something or someone, and I need help. The goal is to seek support *or* to withdraw and regroup (but not for too long).

Glad/joy – not to be mistaken for happiness, which is superficial and based on external circumstances. The *message* of joy: My needs are being met, and I am engaged in what is happening. Deep Joy is the combination of inner peace and outer happiness.

Afraid/fear – not to be mistaken for anxiety which is a combo of fear, physiology, beliefs and behaviors. The *message* of fear: Something harmful, either real or imagined, is about to happen to me, and I need to protect myself. Knowing the difference between real and imagined fears is paramount to our survival.

Disgust – related to our olfactory (smell) system to help us avoid spoiled food. The *message* of disgust: I'm repelled by *your bad*. I'm not necessarily afraid of you; it's that I need to stay away from you or the situation. I feel repelled, and I know it.

Shame – not to be mistaken for guilt which is context driven. The *message* of shame: I'm hiding *my bad* from you. The gifts of shame are humility and humanity – the realization that we are all members of the human race. Guilt is about what I did. Shame is about who I am.

Surprise – the emotion with the shortest duration. The *message* of surprise: I'm exploring something new.

