

Journal Prompts and Making Space for Emotions

8	Think of the last time you reacted in order 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 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 in doing so?
2	How have you allowed others to show you love, even if it's not the love you were expecting? What emotions came up?
3	Think of a time when a goal wasn't reached. What was your emotional experience? What was the valuable lesson?
4	What is it like to think of yourself as common and ordinary? What deeper emotions might arise 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 – today? What deeper emotions arise under the uncertainty?
7	How can you feel safer and allow someone to support you today? What emotions come up thinking about missing an opportunity?

7 Primary, Universal Emotions

Mad/angry – not to be mistaken for aggression which is a combo of anger, beliefs and behaviors; The *message*: 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.

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

Glad/joy – The *message*: My needs are being met, and I am engaged in what is happening. 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*: Something bad, either real or imagined, is about to happen to me, and I need to protect myself.

Disgust – related to our olfactory (smell) system to help us avoid spoiled food; The *message*: 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*: 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.

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