

## Exercise 4: Emotional Literacy

Content covered on pages 147-148 of *Dare to Lead*.

### List of Core Emotions

(This research is in progress and we expect to have findings and a final list in early 2019.)

- Anxious
- Belonging
- Blame
- Curious
- Disappointed
- Disgust
- Embarrassment
- Empathy
- Excited
- Fear/Scared
- Frustrated
- Gratitude
- Grief
- Guilt
- Happy
- Humiliation
- Hurt
- Jealous
- Joy
- Judgment
- Lonely
- Love
- Overwhelmed
- Regret
- Sad
- Shame
- Surprised
- Vulnerability
- Worried

Pick one of the emotions from the Core Emotions List that is hard for you—one that shows up in difficult ways at work. Consider the following questions when thinking about the emotion you chose.

When I experience \_\_\_\_\_

**01.** I'm feeling...

*Affect or Emotion – Where am I physically feeling this? How's my body responding?*

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**02.** I'm thinking...

*Cognition – Is there a thought constantly looping in my mind? What's my go-to thought process?*

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**03.** I do/I act...

*Behavior – What's the first thing I want to do? What is the only thing I want to do?*

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