

Exercise 4: Emotional Literacy (continued)

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

We often see or experience anger or shutting down on the surface of ourselves or others, but these are commonly hiding other emotions. What are the core emotions that show up for you as anger and/or shutting down?

Exercise Instructions: This can be a sensitive exercise for the people who are really stretching and doing the work. One way to process is to have everyone share their entire worksheet at one time. Another option is to have everyone complete the exercise and simply share one thing that they learned about themselves in the process. If you're going with the second option, explain the process before people start (To give us room to dig deep and stretch, we're not going to share our answers to these questions, just share how we experienced the process).