

Get Comfortable With Unfamiliar Emotions

As Suzette Boon, Kathy Steele, and Onno Van Der Hart share, all humans are born with some sense of eight basic emotions (below are the mild and extreme versions of each*):

- Interest → Excitement
- Enjoyment → Joy
- Surprise → Shock
- Distress → Anguish
- Anger → Rage
- Fear → Terror
- Shame → Humiliation
- Distaste → Disgust

In order to feel fulfilled as a human, we have to feel the full range of emotions. However, based on our personality and life experiences, some emotions may feel less familiar or comfortable than others. Circle the two emotions above which you experience least often (or least comfortably). Use this worksheet to explore and adjust to these feelings.

	Emotion: _____	Emotion: _____
Do I feel like this emotion is "bad" or shameful in myself and/or others?		
Are there any ways in which I avoid feeling this emotion? Why do I avoid it?		
Impulsive way I might react to this emotion (the worst thing I think might happen if I fully felt the emotion)		
1-2 healthier ways I could cope (even if it'd be hard or if I'm not ready to do this):		
How might life get better if I felt this emotion more often?		