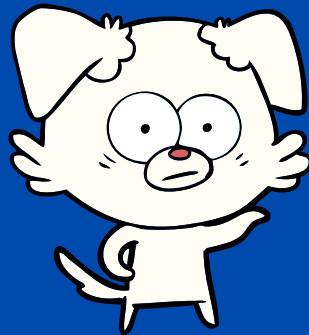


EMOTIONAL GRANULARITY

A TINY GUIDE

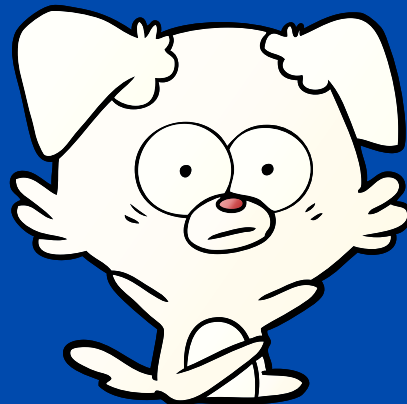


SOURCE MATERIAL BY
**MEGAN
SAXELBY**

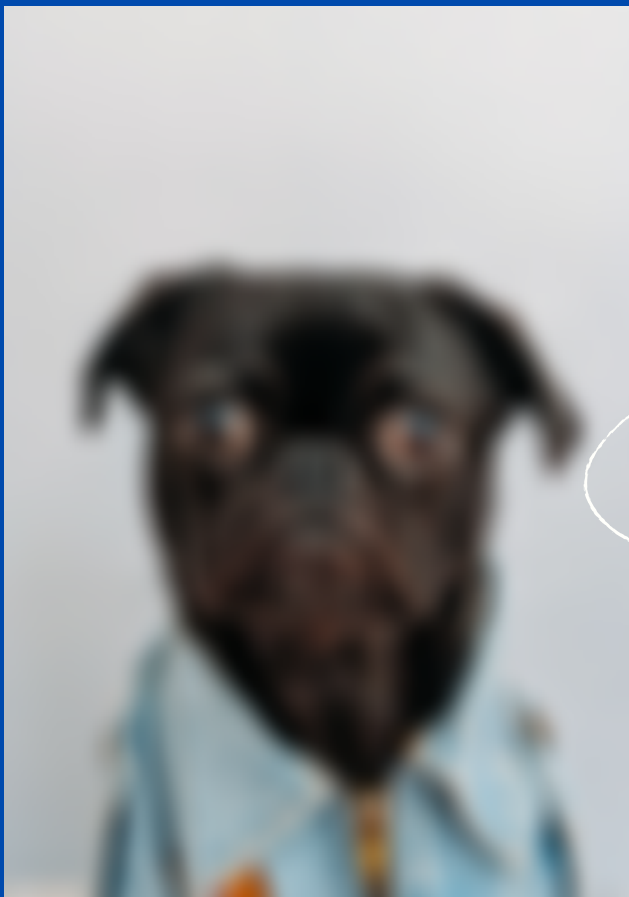
**CREATING
A CULTURE
OF DIGNITY**

GRANULARITY

means including a lot of small details.

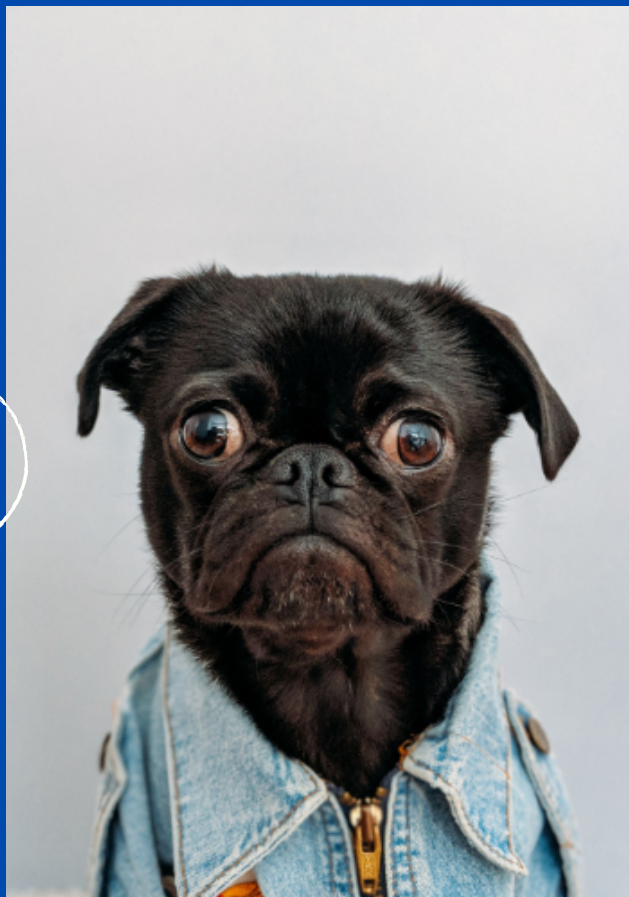


NOT GRANULAR



VS

GRANULAR



EMOTIONAL GRANULARITY

is the ability to have a
wide range of precise,
specific words to
describe how
you're feeling.



NOT GRANULAR

sad

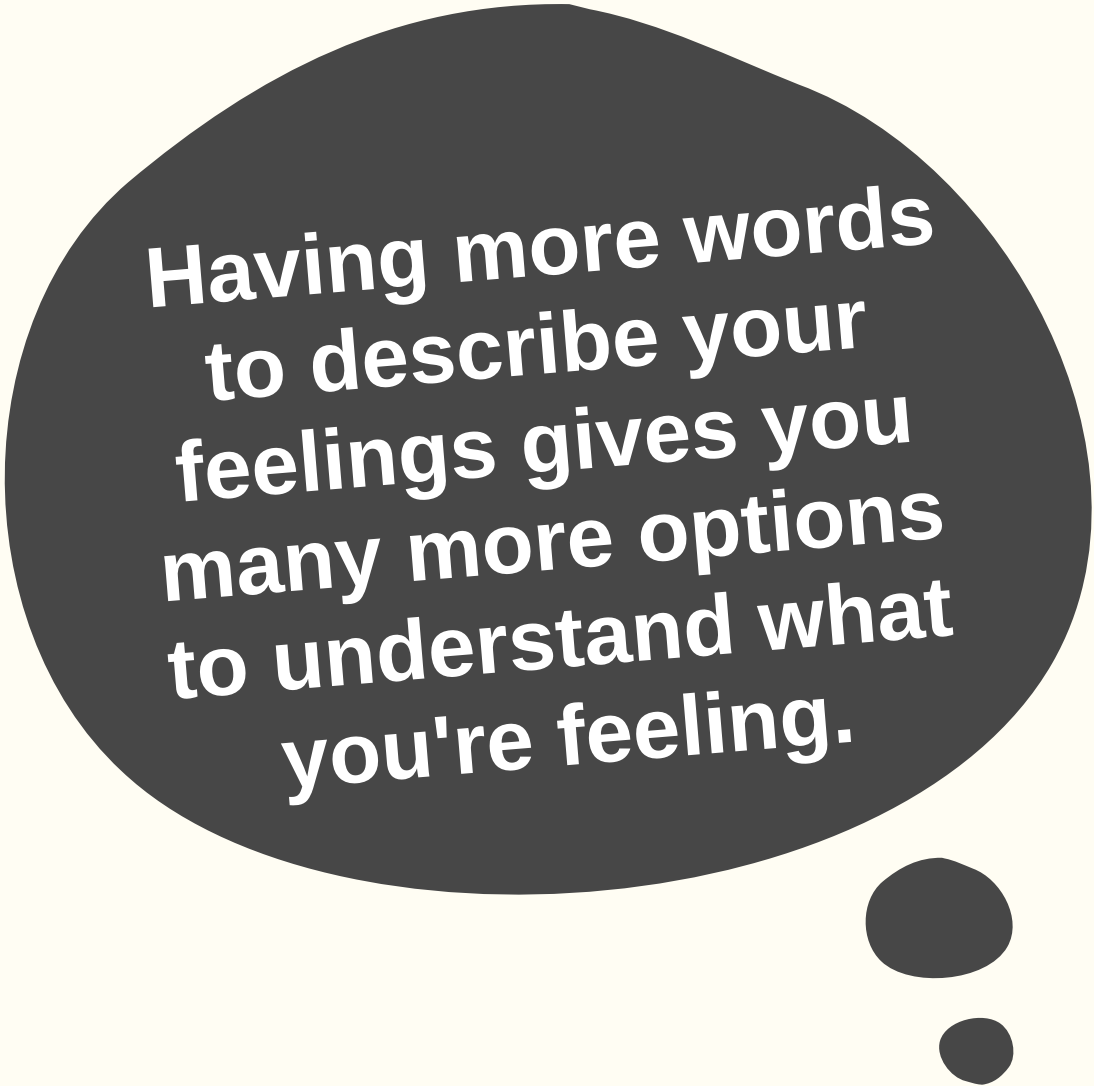
VS

GRANULAR

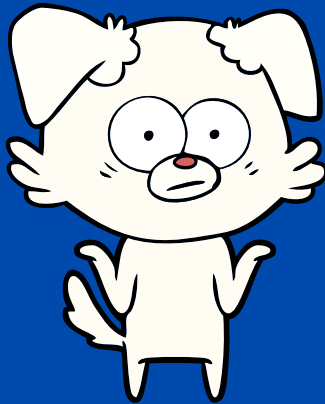
upset
crestfallen
dejected
weepy
gloomy
despair
sorrowful

All of the words in the list on the right describe *different emotional experiences*.



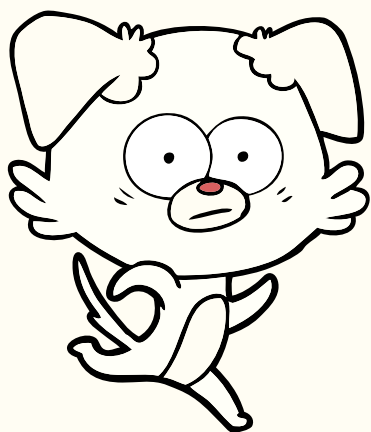


**Having more words
to describe your
feelings gives you
many more options
to understand what
you're feeling.**



Why does
**EMOTIONAL
GRANULARITY**
matter?



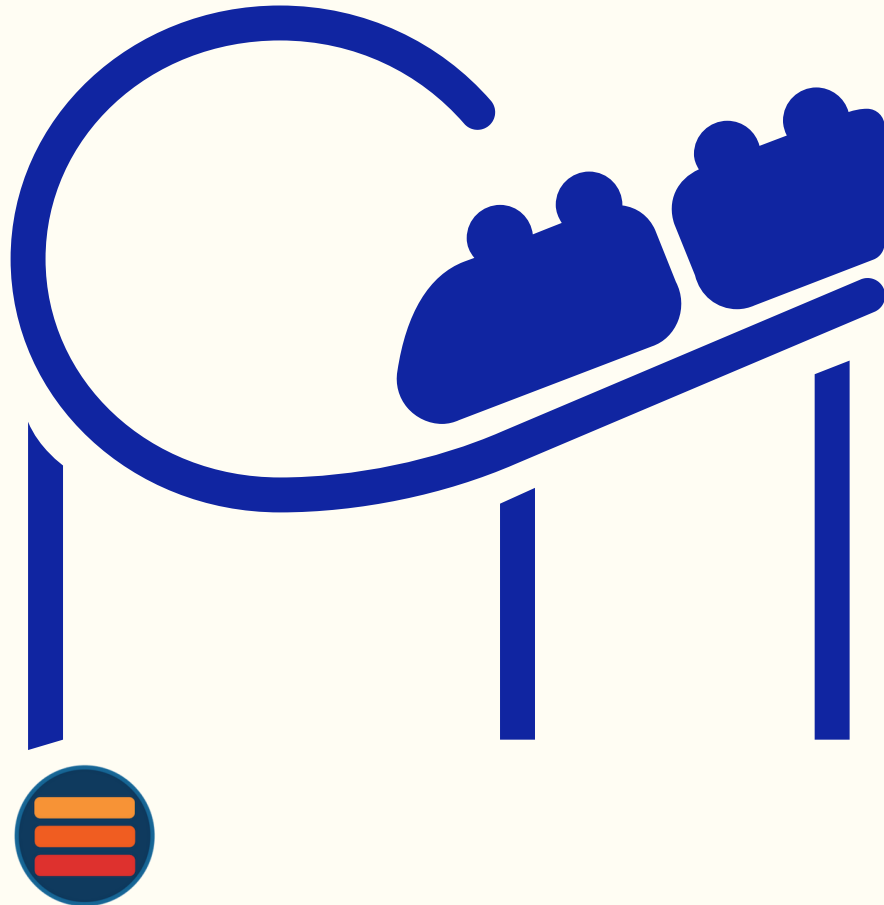


When you have an experience, your brain takes in the sights, sounds, smells, tastes, and everything else that's happening around you.

You're the one who decides what emotions best fit the experiences you have.



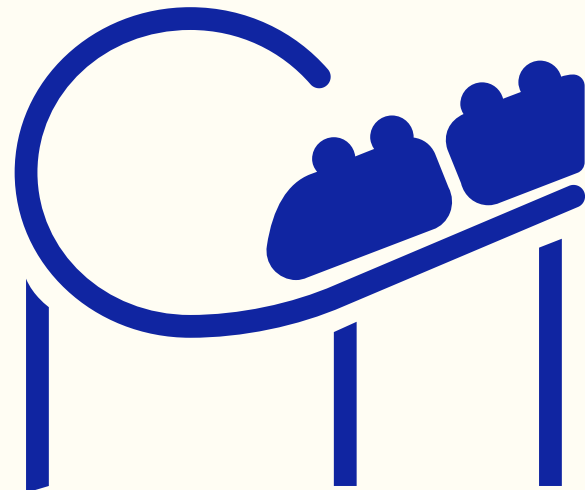
**Let's say your friends
blindfold you and put
you on a roller coaster.**



You hear the click of the wheels on the track. You smell the grease from the fried foods.

Your body moves from side to side as the cart twists and turns. You feel the wind on your face.

You hear the person cry out next to you as the cart climbs a really big hill.



Everyone feels different emotions in this moment.

**It all depends on your personal
experience:**

*Do you like
rollercoasters?*

*Does going fast excite or
terrify you?*

Do you trust your friends?

*Are these close friends
or new friends you don't
know that well?*

Do you like surprises?

*Does lack of control upset
you?*

*Did someone force you
to do something scary
when you were younger
and this reminds you of
that experience?*

*Does fried food make you
sick?*

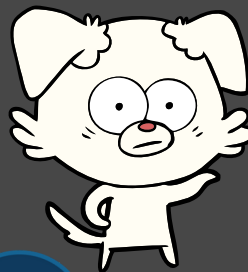


The more emotion words you have, the more specifically you can name and understand what you're feeling.

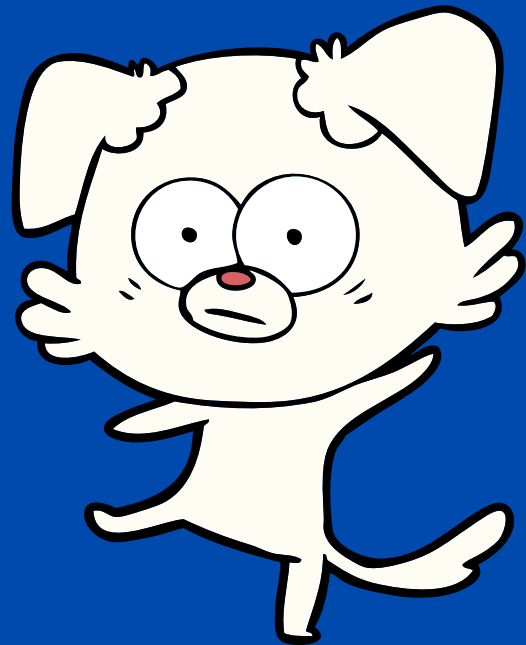
Which gives you:

CLARITY
CONTROL
COMFORT

AGENCY
AWARENESS
ABILITY



High emotional
granularity helps you
become **the architect
of your experience.**



Higher emotional granularity

=

Higher emotional intelligence

More words

=

**More concepts to
understand what
you're feeling.**

More understanding

=

**More awareness
and control.**



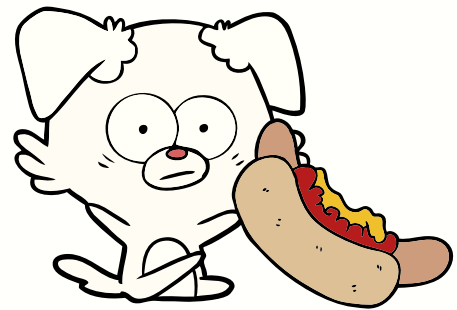
**How do you
expand your
EMOTIONAL
GRANULARITY?**



1. GROW YOUR EMOTIONAL VOCABULARY!

If you only had two emotion concepts, feeling "happy" or feeling "bad", you would only feel those two emotions.

Focus on using new words to describe how you feel.



HAPPY

adored
alive
appreciated
cheerful
content
ecstatic
excited
grateful
glad
hopeful
jolly
jovial
joyful
loved
merry
optimistic
pleased
satisfied
tender
terrific
thankful
uplifted
warm

MAD

aggravated
accused
bitter
cross
defensive
frustrated
furious
hostile
impatient
infuriated
insulted
jaded
offended
ornery
outraged
pestered
rebellious
resistant
revengeful
scorned
spiteful
testy
used
violated



Reflect on the feelings above...

**What experience
accompanies each
feeling?**

**How is feeling
defensive
different than
feeling mad?**

**What does it feel
like to be
hopeful?**



Scared

afraid
alarmed
anxious
bashful
curious
fearful
frightened
horrified
lost
haunted
hesitant
insecure
nervous
petrified
puzzled
reserved
sheepish
tearful
uncomfortable
useless

Surprise

astonished
curious
delighted
enchanted
exhilarated
incredulous
inquisitive
impressed
mystified
passionate
playful
replenished
splendid
shocked
stunned



Reflect on the words above...

**What is the
difference for you
between nervous
and curious?**

**What event
might make you
feel afraid?**

**What does
puzzled feel
like?**

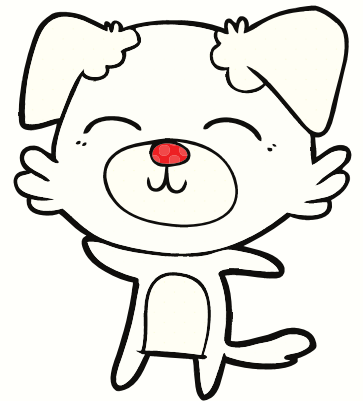


2. WRITE IT DOWN

Writing helps you get curious so you can be specific about your emotions.

Waiting to label your emotions can escalate them. Nervous can quickly turn into panic if you don't get curious early.

Writing helps you explore your emotional landscape without judgement.



3. TRACK POSITIVE EXPERIENCES

Our brains like to travel well worn paths.

Train your brain to notice the positives. Make a daily practice of noticing 3-4 things that went well.

You can keep a journal or take 5 minutes every evening to reflect on positive moments. They could be a big event or something really tiny.

Use new words when you track! Having a wide vocabulary of positive emotion words is super important.



4. **TURN EMOTIONS INTO PHYSICAL SENSATIONS**

Breaking an emotion down into its physical sensations makes it easier to manage.

A sensation like sweaty palms or feeling hot isn't as personal as feeling embarrassed or humiliated.

When you feel a strong emotion, get curious about how it feels physically and name the sensations. It helps you have distance and more control.



**LEARN MORE
WORDS**

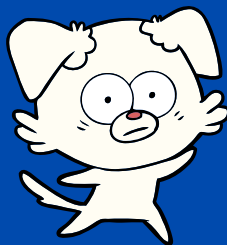


**HAVE MORE
CONCEPTS**

**HAVE MORE
EMOTIONAL
INTELLIGENCE**



BECOME A HEALTHIER HUMAN



YOU MATTER.

YOUR EMOTIONS MATTER.

OTHER PEOPLE MATTER.

