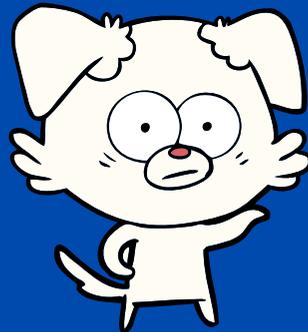


# EMOTIONAL GRANULARITY

A TINY GUIDE

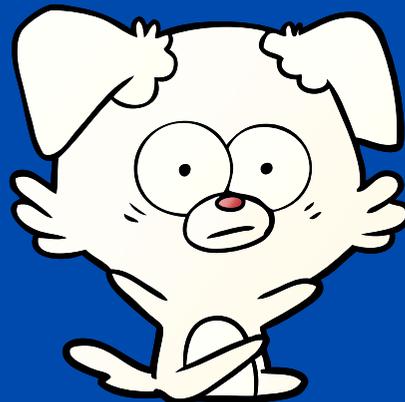


SOURCE MATERIAL BY  
**MEGAN  
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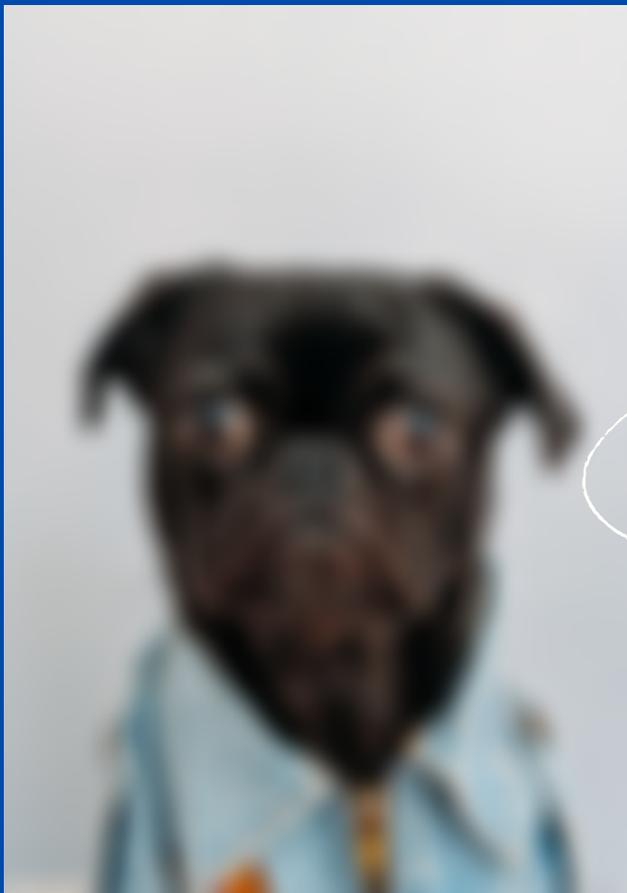
**CREATING  
A CULTURE  
OF DIGNITY**

# GRANULARITY

means including a lot of small details.

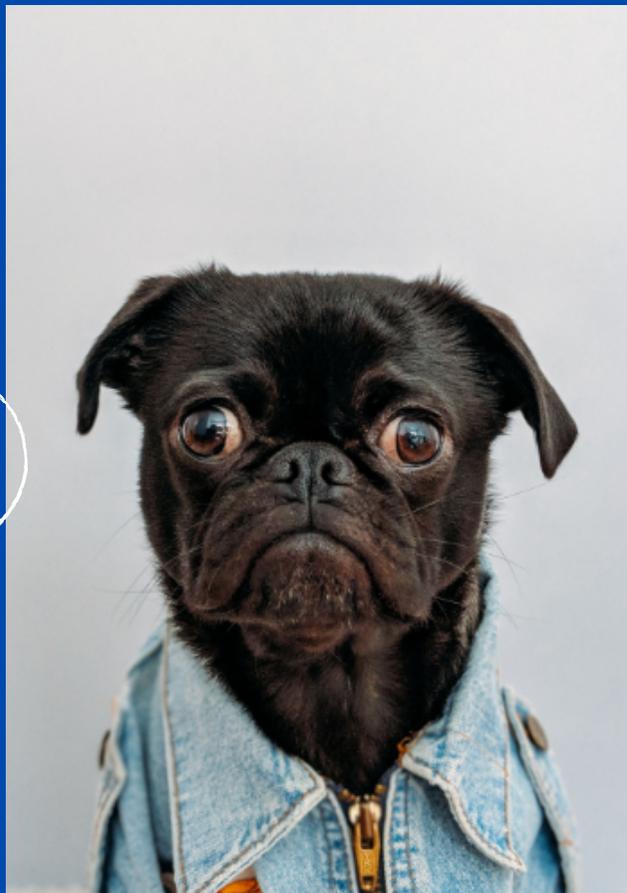


**NOT GRANULAR**



**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

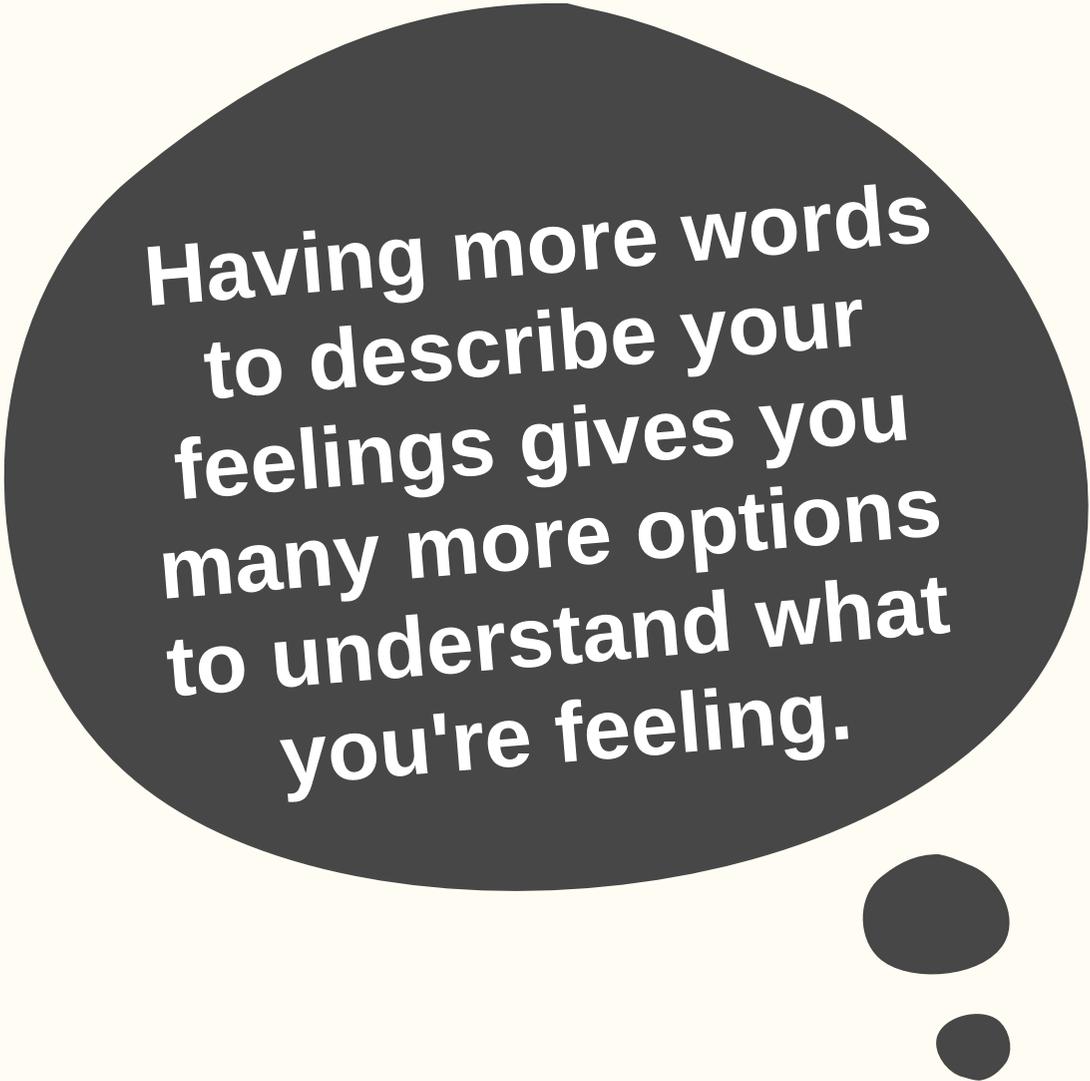
VS

## GRANULAR

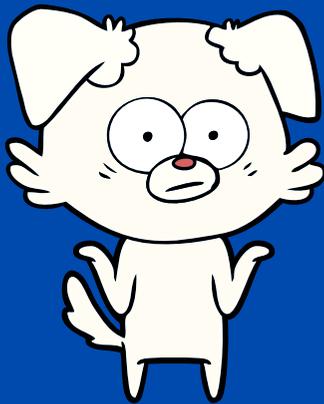
upset  
crestfallen  
dejected  
weepy  
gloomy  
despair  
sorrowful

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



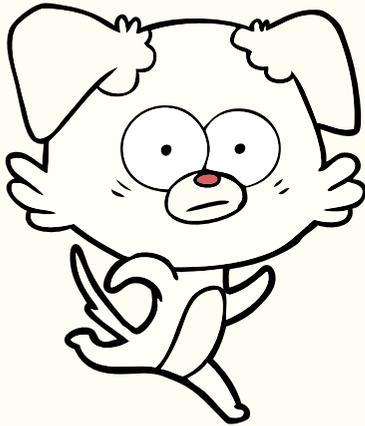


**Having more words  
to describe your  
feelings gives you  
many more options  
to understand what  
you're feeling.**



Why does  
**EMOTIONAL  
GRANULARITY**  
matter?



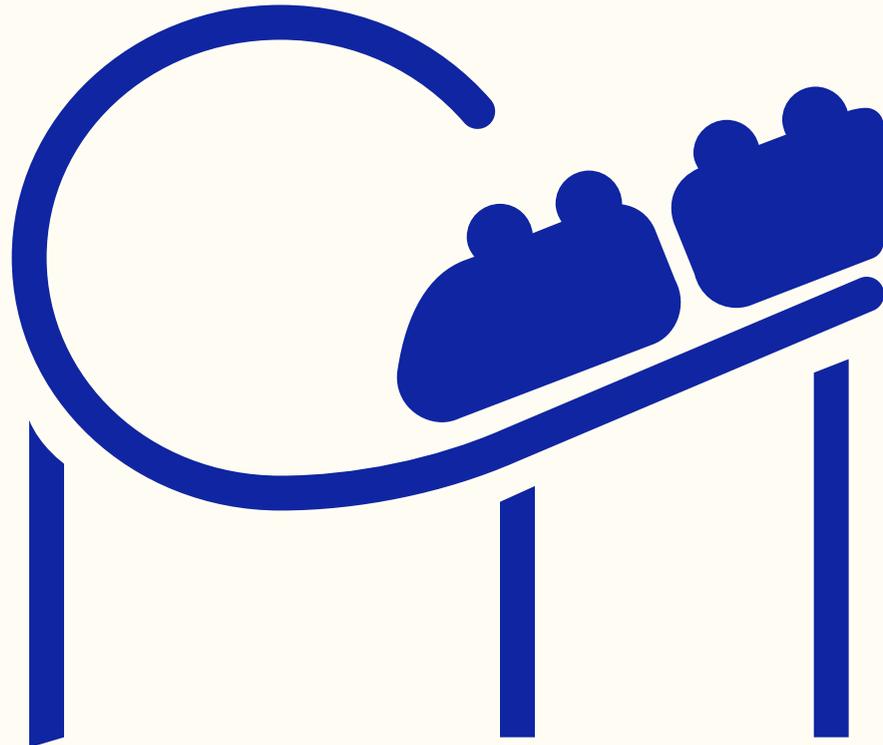


**When you have an experience, your brain takes in the sights, sounds, smells, tastes, and everything else that's happening around you.**

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



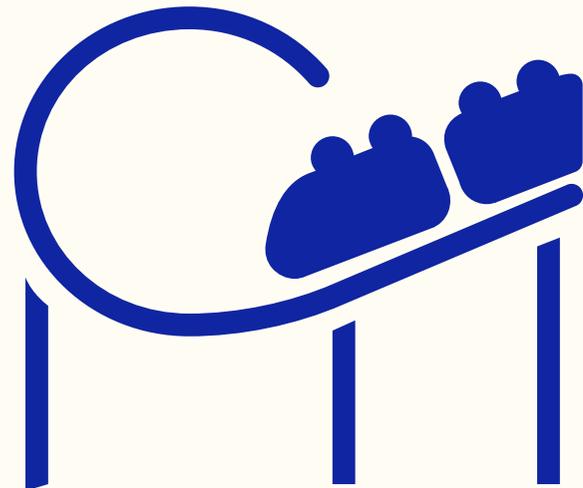
**Let's say your friends  
blindfold you and put  
you on a roller coaster.**



*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?*



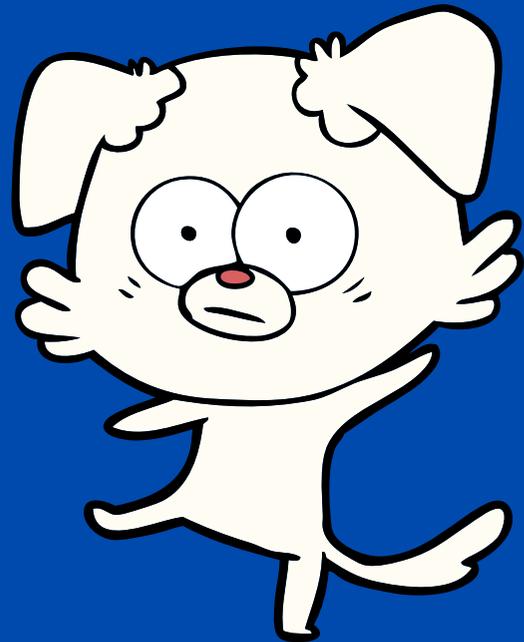
The more emotion words you have, the more specifically you can name and understand what you're feeling.

Which gives you:

**CLARITY**      **AGENCY**  
**CONTROL**     **AWARENESS**  
**COMFORT**    **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.**



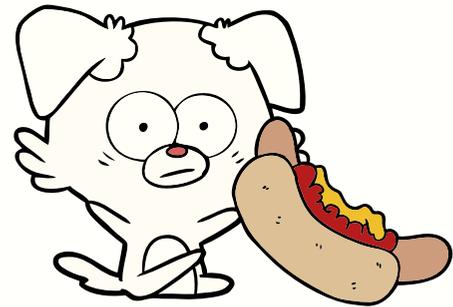
**How do you  
expand your  
EMOTIONAL  
GRANULARITY?**



# 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**



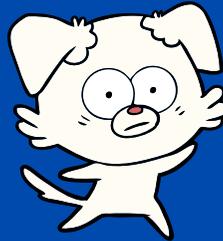
**HAVE MORE  
CONCEPTS**



**HAVE MORE  
EMOTIONAL  
INTELLIGENCE**



**BECOME A HEALTHIER HUMAN**



**YOU MATTER.**

**YOUR EMOTIONS MATTER.**

**OTHER PEOPLE MATTER.**

