
Name It to Tame It



WHEN IT COMES TO DEALING WITH STRONG OR NEGATIVE EMOTIONS, THERE IS POWER IN NAMING WHAT YOU ARE EXPERIENCING. EVEN IN A WHIRLWIND OR A FURY, ATTEMPT TO NAME THE EMOTION THAT YOU ARE EXPERIENCING. YOU MIGHT SAY TO YOURSELF, "I AM REALLY UNCOMFORTABLE" OR "I AM SUPER FRUSTRATED."

THIS IS THE MAGIC: THE WORK OF IDENTIFYING AN EMOTION (OR NAMING IT) ACTUALLY HELPS US TO DISENGAGE FROM IT.

Discussion Questions

1. Can you think of an example of a time when you've experienced a strong or negative emotion? How did you react?

2. Are there certain things in your life or at work that trigger a strong or negative emotion? What can you do to anticipate this reaction?

3. How do you cope with strong or negative emotions? How can you improve this?

Take Action

1. As a team, brainstorm a list of emotions—positive and negative—that you experienced in the past or more recently. Keep this list in a shared drive or near your workspace. Next time you don't have the words to name what you're feeling, refer to this list so that you can tame it!

2. Think about a time recently when you felt a strong or negative emotion and consider your reaction. How did it affect your overall productivity? How might you react differently in the future?

