

dare
to
*lead*TM

BASED ON THE RESEARCH OF
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GETTING EMOTIONALLY HOOKED

“To induce curiosity about a particular topic, it may be necessary to ‘prime the pump’ – to use intriguing information to get folks interested so they become more curious.”

-George Loewenstein

Learning to rise requires recognizing when we’re hooked by emotion. How do you know when emotion grabs you? Examples include playing a conversation or event on a loop, stomach in knots, coming out of your skin, etc.

BODY: When emotion grabs me, I physically feel:

BEHAVIOR: The first thing I want to do when I get hooked by emotion is:

MIND: When emotion grabs me: I often start thinking:

STORY: The stories I most often make up are about:



OFFLOADING HURT: BARRIERS TO RECKONING WITH EMOTION

Offloading describes the various unproductive ways that we “manage” or discharge emotion when we are trying to avoid feeling it.

CHANDELIERING: The hurt is packed so far down that it can’t possibly resurface. *A seemingly innocent comment sends me into a rage or sparks a crying fit. A small mistake triggers a huge shame attack. Constructive feedback hits a tender place and I jump out of my skin.*

BOUNCING HURT: Using anger, blame, and/or avoidance when getting too close to emotion. Anger: *It’s easier to get mad or turn to “I don’t give a damn” than to “I’m hurt.”* Blame: *Fault-finding, making excuses, inflicting payback, lashing out as self-protection.* Avoidance: *Thinking, “I’m fine – no worries,” or pretending it doesn’t matter, or saying “whatever.”*

NUMBING: I can take the edge off emotional pain with _____. *Examples include alcohol, drugs, food, sex, relationships, money, work, caretaking, gambling, affairs, religion, chaos, shopping, planning, perfectionism, constant change, the Internet, and the list goes on.*

STOCKPILING: *I keep firmly packing down the pain. I just continue to build up hurt until the wisest part of me, my body, decides that enough is enough. The body’s message is always clear: Shut down the stockpiling or I’ll shut you down. The body wins every time.*

HIGH-CENTERED: *I can’t move forward and I can’t move back. If I recognize my hurt or fear or anger, I’ll get stuck. Once I engage even a little, I won’t be able to move backward and pretend that it doesn’t matter, but moving forward might open a floodgate of emotion that I can’t control. I’ll be stuck. What if I recognize the emotion and it dislodges something and I can’t maintain control?*

FAKE NICE: Light and dark are not integrated. *I’m overly sweet and accommodating when I feel resentful, hurt, frustrated, etc. I say yes when I mean no. Sometimes my niceness is inauthentic and I can feel like a ticking bomb.*



STRATEGIES FOR RECKONING WITH EMOTION

Mindfulness

Definition from the Greater Good Science Center at the University of California, Berkeley:

Mindfulness means maintaining a moment-by-moment awareness of our thoughts, feelings, bodily sensations, and surrounding environment.

Mindfulness involves acceptance, meaning that we pay attention to our thoughts and feelings without judging them—without believing, for instance, that there’s a “right” or “wrong” way to think or feel in a given moment.

When we practice mindfulness, our thoughts tune into what we’re sensing in the present moment rather than rehashing the past or imagining the future.

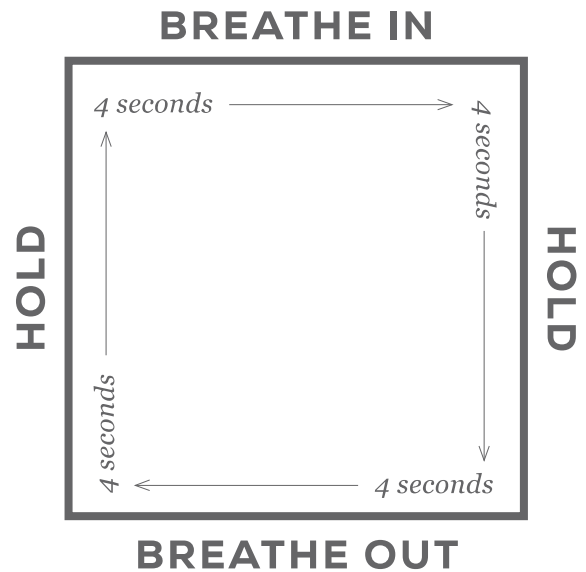
“The research participants who taught me the most about breathing occupy what we would traditionally think of as opposite sides of the professional continuum: yoga teachers, meditation leaders, and mindfulness practitioners on one side and soldiers, firefighters, first responders, and elite athletes on the other.” -Brené Brown



STRATEGIES FOR RECKONING WITH EMOTION

Tactical Breathing

1. Inhale deeply through your nose, expanding your stomach, for a count of four – one, two, three, four.
2. Hold in that breath for a count of four – one, two, three, four.
3. Slowly exhale all the air through your mouth, contracting your stomach, for a count of four – one, two, three, four.
4. Hold the empty breath for a count of four – one, two, three, four.



What is another technique you use to calm yourself in a difficult situation?

DEFINITION OF CALM: creating perspective and mindfulness while managing emotional reactivity.