

July 7, 2025 First Monday Zoom Discussion 8pm ET - Agenda & Topic of discussion

Post by “Kalosyni” of July 7, 2025 at 9:21 AM

[Don](#) I looked at Brene Brown's "87 Emotions & Experiences" chart, and found it to be overly complicated, and would personally use different labels for things, and would classify things differently. But everyone finds things that resonate depending on their own framing.

I personally would recommend sticking with a smaller number of words and focusing on levels of intensity rather than trying to find fancy words for things.

I haven't yet looked into Lisa Feldman Barrett's system (will let you know after I do 😊).