

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

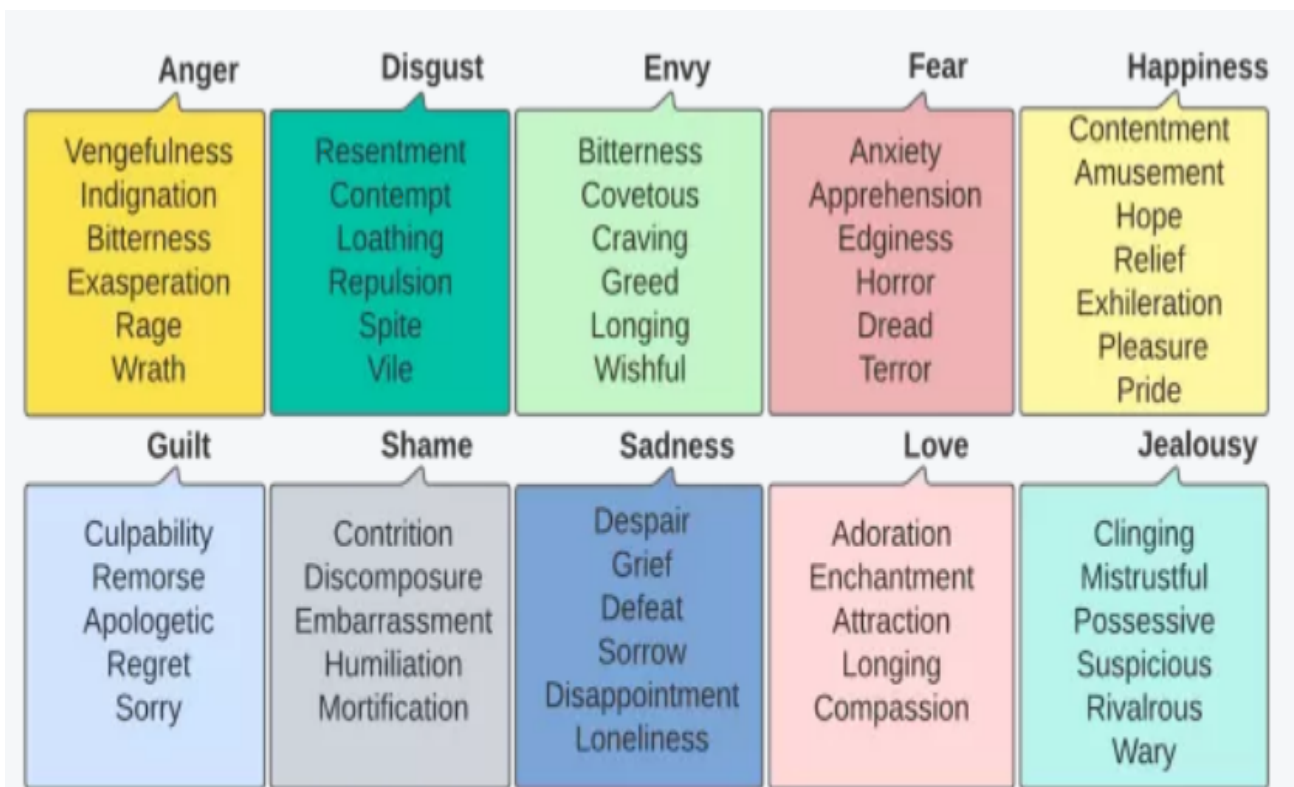
Post by “Don” of July 7, 2025 at 11:55 AM

[Quote from Kalosyni](#)

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.

Just for the record 😊 I'm not a Brene Brown groupie or fan; however, I did find her idea (well, not *her* idea but the one she talked about) of [emotional granularity](#) interesting. This is another chart for honing in on emotional granularity - I would characterize it as identifying more precisely what one is feeling:



Emotion Words

Source: Courtesy of Katrina McCoy, Ph.D., Adapted from Linehan, M. (2015) DBT Skills Training Handouts and Worksheets 2nd ed.

I certainly see where you're coming from with "sticking with a smaller number of words and focusing on levels of intensity," but I can see how having a word for a specific feeling could be helpful. It sounds like you would advocate for maybe the 10 categories at the top of those boxes and then decide how intense they're being felt which would then lead to more focused appropriate reactions to those feelings. Anything that gets us to be more aware of what our feelings are (starting, of course, with pleasure and pain) can't be a bad thing in the end.