

Welcome to MCG's CliffsNotes Book Club

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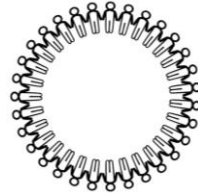


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“When you ‘get’ people, you get results.”



Leadership
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Join the [‘CliffsNotes’ club](#)—where there's no pressure to pre-read the book, no membership required, no cost, and lots of discussion in just 90 minutes. Each month, you will hear a [summary of highlights](#) from a recently-published business book. This discussion summary is intended to provide a recap of the conversation at Book Club, rather than serve as a thorough book summary. We'll keep you "in the know" on the latest and greatest concepts and models. [Register here](#) for upcoming events.



*The Cliff Notes
Book Club*

Featuring

Atlas of the Heart

By Brene' Brown

Facilitated Discussion by

Carla Dancy Smith, CPCC, PCC, BCC

Carla.d.smith@medstar.net

Wednesday,

September 14, 2022

12 pm – 1:30 pm

Our Discussion Today

Why and Overview

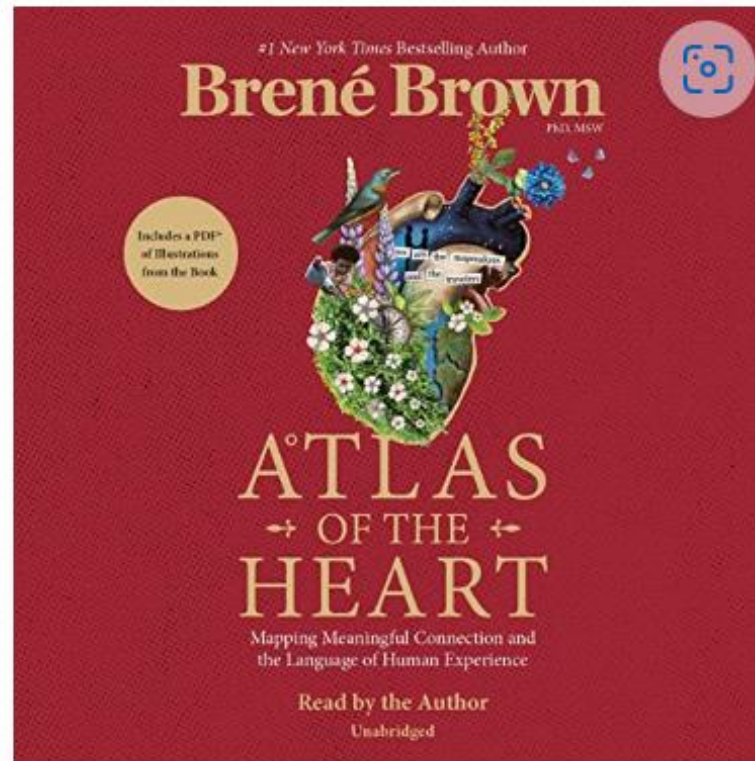
Making meaning

87 emotions – deep dive a few

Empathy Near Misses

Application

Reflections



Why read a book about emotions?

Without understanding how our feelings, thoughts, and behaviors work together, it's almost impossible to find our way back to ourselves and each other. When we don't understand how our emotions shape our thoughts and decisions, we become disembodied from our own experiences and disconnected from each other.



TOP 5 REGRETS OF THE DYING

1

I wish I'd had the courage to live a life true to myself, not the life others expected of me.

2

I wish I hadn't worked so hard.



3

I wish I'd had the courage to express my feelings.

4

I wish I had stayed in touch with my friends.

5

I wish I had let myself be happier.

From Mindful's interview with Bronnie Ware, author of *The Top Five Regrets of the Dying*.
For more info visit mindful.org/noregrets.

Overview Atlas of the Heart

- “Mapping Meaningful Connection and the Language of Human Experience”
- Published in November 2021
- 13 chapters: “Places we go...”
- 87 emotions and experiences organized into groups
- Content Includes:
 - Research Quotes, stories, and humor
 - Charts, tables, and graphs
 - Poetry, art, illustrations, cartoons
 - Photos, mages, colors, textures, and contrasts
 - Raised print cover and high-quality paper
 - Special typeface - Minion
 - Contributions from others
 - Language, definitions, and interpretations
 - Notes = 20 pages of references

**Hardcover 336 pages
2.3 pounds**

Kindle

**Audiobook
8 hrs, 20 minutes**

**Five-part HBO Max
Docuseries, 40 mins ea.
(Play trailer)**

Making meaning



“My hope for this book is that together we can learn more about the emotions and experiences that define what it means to be human – **including the language that allows us to make sense of what we experience.**”



“Language is our **portal** to meaning making, connection, healing, learning, and self-awareness. When we don't have the language to talk about what we're experiencing, our ability to make sense of what's happening and share it with others is severely limited.”



“This ability to differentiate between specific emotions is known as **emotional granularity**... **Linguistic relativity**: The idea that the language a person speaks – or their vocabulary – influences their understanding of the world, and the way they perceive it.”

Human emotions and experiences are layers of biology, biography, behavior, and backstory. In order to recognize, name, and make sense of our feelings and experiences, we have to:

1. Understand how they show up in our bodies and why (biology)
2. Get curious about how our families and communities shape our beliefs about the connection between our feelings, thoughts, and behavior (biography)
3. Examine our go-to (behaviors), and
4. Recognize the context of what we're feeling and thinking. *What brought this on?* (backstory)

Brené Brown | ATLAS OF THE HEART



87 Human Emotions & Experiences

Based on the research of *Atlas of the Heart* by Brené Brown

PLACES WE GO WHEN Things Are Uncertain Or Too Much

- Stress
- Overwhelm
- Anxiety
- Worry
- Avoidance
- Excitement
- Dread
- Fear
- Vulnerability

PLACES WE GO WHEN We Compare

- Comparison
- Admiration
- Reverence
- Envy
- Jealously
- Resentment
- Schadenfreude
- Freudenfreude

PLACES WE GO WHEN Things Don't Go As Planned

- Boredom
- Disappointment
- Expectations
- Regret
- Discouragement
- Resignation
- Frustration

PLACES WE GO WHEN It's Beyond Us

- Awe
- Wonder
- Confusion
- Curiosity
- Interest
- Surprise

PLACES WE GO WHEN Things Aren't What They Seem

- Amusement
- Bittersweetness
- Nostalgia
- Cognitive Dissonance
- Paradox
- Irony
- Sarcasm

PLACES WE GO WHEN We're Hurting

- Anguish
- Hopelessness
- Despair
- Sadness
- Grief

PLACES WE GO With Others

- Compassion
- Pity
- Empathy
- Sympathy
- Boundaries
- Comparative Suffering

PLACES WE GO WHEN We Fall Short

- Shame
- Self-Compassion
- Perfectionism
- Guilt
- Humiliation
- Embarrassment

PLACES WE GO WHEN We Search for Connection

- Belonging
- Fitting In
- Connection
- Disconnection
- Insecurity
- Invisibility
- Loneliness

PLACES WE GO WHEN The Heart Is Open

- Love
- Lovelessness
- Heartbreak
- Trust
- Self-Trust
- Betrayal
- Defensiveness
- Flooding
- Hurt

PLACES WE GO WHEN Life Is Good

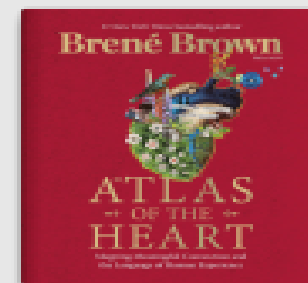
- Joy
- Happiness
- Calm
- Contentment
- Gratitude
- Foreboding Joy
- Relief
- Tranquility

PLACES WE GO WHEN We Feel Wronged

- Anger
- Contempt
- Disgust
- Dehumanization
- Hate
- Self-Righteousness

PLACES WE GO To Self-Assess

- Pride
- Hubris
- Humility



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Awe and Wonder

From Chapter #4: Places we go when it's beyond us



From Chapter #6 – Places we
go when we are hurting

Anguish

Dark Elegy
Sculptures by Suse
Ellen Lowenstein
Photograph by
Karen Walrond

[Dark Elegy | Image
Gallery
\(darkelegy103.com\)](https://darkelegy103.com)





***Tranquility
... “the absence
of demand”
and “no
pressure.”***

From Chapter #11 – Places
we go when life is good



“

Anger is a catalyst. It's an emotion that we need to transform into something life-giving: courage, love, change, compassion, and justice.

Brené Brown | ATLAS OF THE HEART

From Chapter #12: Places we go when We Feel Wronged

Contempt

From Chapter #12: Places we go when We Feel Wronged



87 Human Emotions & Experiences

Based on the research of *Atlas of the Heart* by Brené Brown

Empathy Misses

The 8 emotions, behaviors, and empathic miscues that get in the way of connection.

Sympathy Versus Empathy

The person who responds with sympathy (“I feel so sorry for you”) rather than empathy (“I get it, I feel with you, and I’ve been there”). The subtext of this response is distance: These things don’t happen to me or people like me. If you want to see a shame cyclone turn deadly, throw one of these at it: “Oh, you poor thing” or “Bless your heart.”

Judgment

The person who hears the story and actually feels shame for you. The friend gasps and confirms how horrified you should be. Then there is an awkward silence. Then you have to make this person feel better by convincing them that you’re not a terrible person.

Disappointment

The person who needs you to be the pillar of worthiness and authenticity. This person can’t help you because they are too disappointed in your imperfections. You’ve let this person down.

Discharging Discomfort With Blame

Because shame is visceral and contagious, we can feel it for other people. This person immediately needs to discharge the discomfort and vulnerability of the situation by blaming and scolding. They may blame/scold you: “What were you thinking?” Or they may look for someone else to take the fall: “Who was that guy? We’ll kick his butt.” Caution: Parents can fall easily into this when a child shares a shaming story with them. “How did you let this happen?”

Minimize/Avoid

We minimize and avoid when we want hard feelings to go away. Out of their own discomfort, this person refuses to acknowledge that you’re in pain and/or that you’re hurting: “You’re exaggerating. It wasn’t that bad. You rock. You’re perfect. Everyone loves you.”

Comparing/ Competing

This person confuses connecting with you over shared experiences with the opportunity to one-up you. “That’s nothing. Listen to what happened to me one time!”

Speaking Truth to Power

You hold someone accountable for language, comments, or behavior that marginalizes or dehumanizes others, and it causes discomfort or conflict. When this person observes this or hears your story of what happened, they respond with “I can’t believe you said that to your boss!” or “I can’t believe you went there!” or “You can’t talk about that stuff with people” versus

an empathic response of “That must have been hard—you were really brave” or “It’s hard to stand up for what you believe in—thank you.”

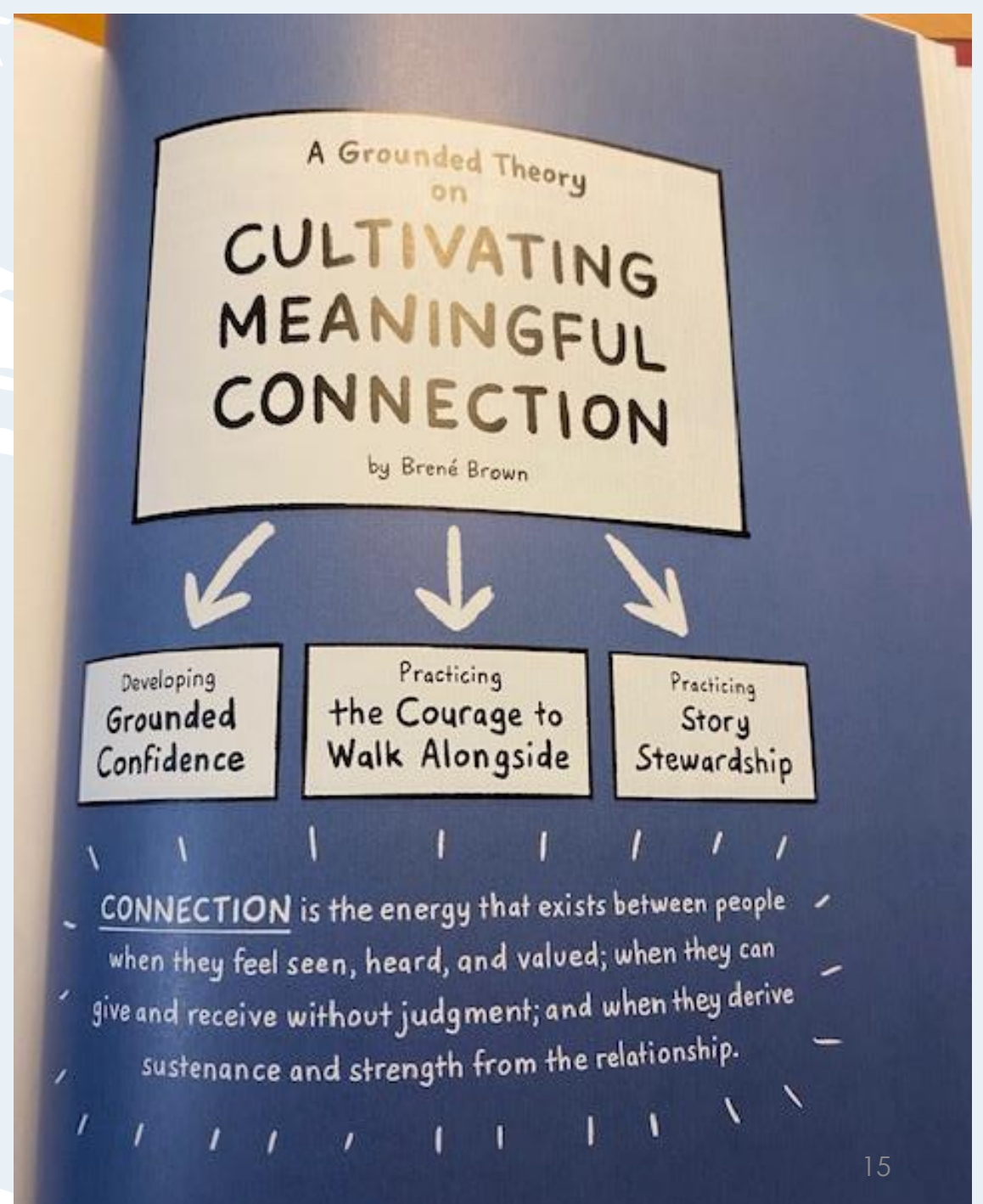
Advice Giving/ Problem Solving

Sometimes when we see pain our first instinct is to fix it. This is especially true for those of us whom people seek out to help with problem-solving. In these instances, rather than listen and be with people in their emotion, we start fixing.



Moving from theory

- A daring and vulnerability practice
- Near enemies are states that appear similar to the desired quality but actually undermine it.
- Far enemies are the opposite of what we are trying to achieve.



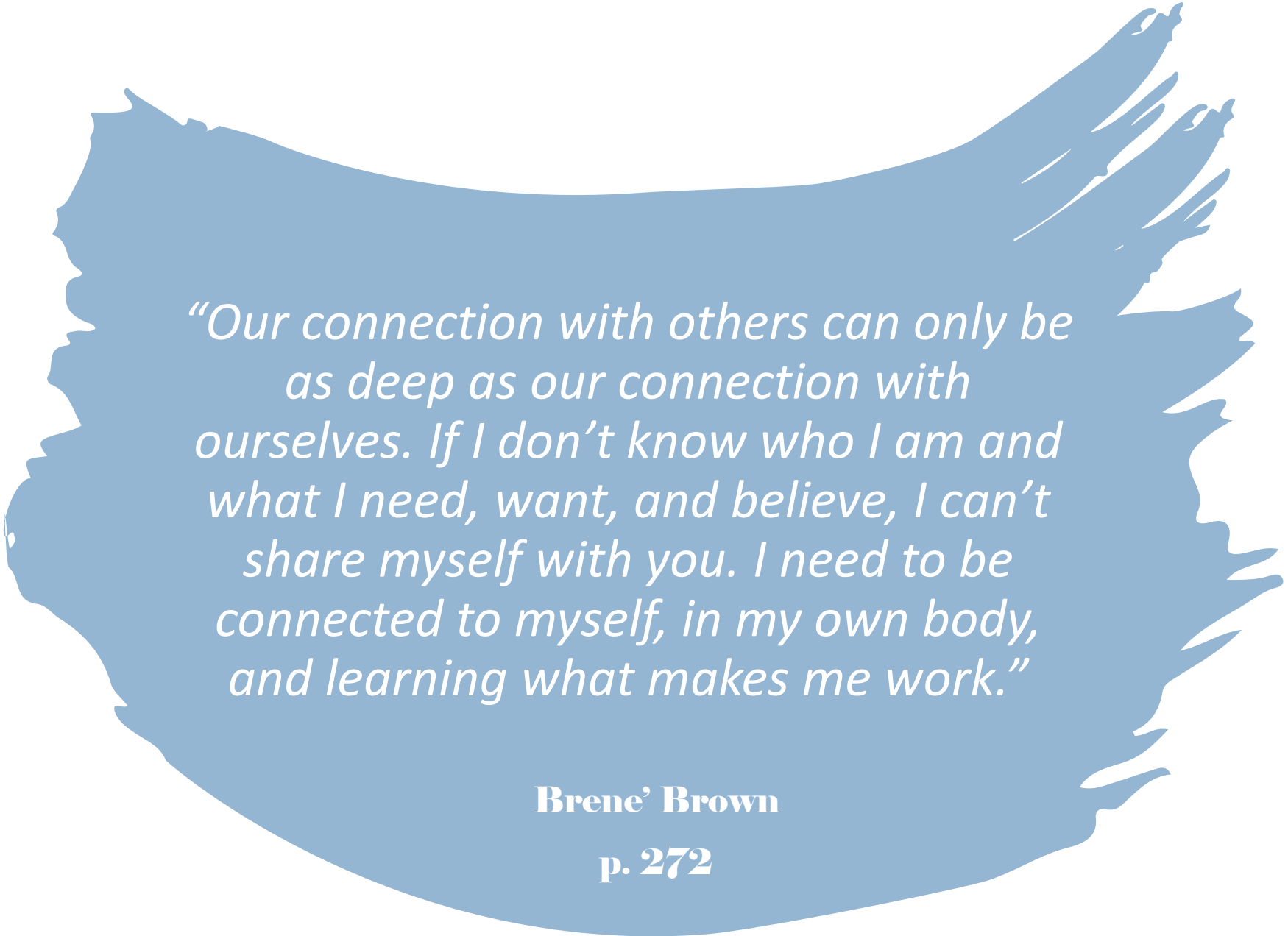
Reflection and Application

Reflection: What is your favorite emotion, and why?

Application: How can we use our greater understanding of emotions and experiences in our work as OD professionals, coaches, and consultants?

When we stop numbing and start feeling and learning again, we have to reevaluate everything, especially how to choose loving ourselves over making other people comfortable. It was the hardest work I've ever done and continue to do.

Brene' Brown



“Our connection with others can only be as deep as our connection with ourselves. If I don’t know who I am and what I need, want, and believe, I can’t share myself with you. I need to be connected to myself, in my own body, and learning what makes me work.”

Brene’ Brown

p. 272

Thank you,
Carla