

SUMMARY OF BRENÉ BROWN'S ATLAS OF THE HEART TO USE WITH KIDS

WHY EMOTIONS MATTER



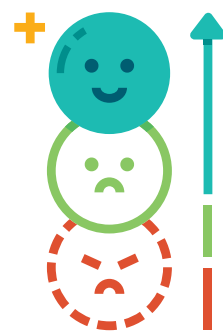
- People will do almost anything to not feel pain, including causing pain and abusing power
- Very few people can handle being held accountable without rationalizing, blaming, or shutting down
- Without understanding how our feelings, thoughts, and behaviors work together, it's almost impossible to find 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 experience and disconnected from each other. (pg.xx)

HOW EMOTIONS WORK

- Understand how they show up in our bodies and why (biology)
- Get curious about how our families and communities shape our beliefs about the connection between our feelings, thoughts, and behavior (biography)
- Examine our go-to old protective patterns (behavior, such as blaming, judging, numbing, comparing, distracting, rationalizing ie. the armor we put on to avoid feeling uncomfortable, a less skillful strategy to feel safe)
- Recognize the context of what we're feeling or thinking. What brought this on? (backstory, like the thought, 'it's not fair or they shouldn't have done that,' pg. xxx)

BECOMING FLUID IN THE LANGUAGE OF HUMAN EXPERIENCE AND EMOTION IS THE FIRST VITAL STEP

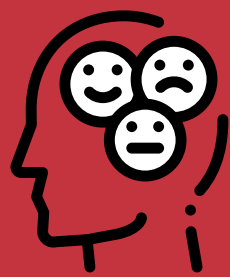
- Brené writes that most of us can only recognize and name 3 emotions while we are experiencing them: happy, sad and angry.
- Yet emotional language is our portal to meaning-making, connection, healing, learning, and self-awareness.
- Atlas defines and describes 87 emotions and experiences to develop the language for the emotions we are born with.
- EXERCISE: each day ask your child (and yourself), "What are you feeling? What is that feeling wanting to tell you about what matters?"



USING THE LANGUAGE OF EMOTION TO CREATE MEANINGFUL CONNECTION

"It's not fear that gets in the way of courage, it's armor--how we self-protect when we feel uncertain or fearful."

Our armoring behaviors keep us from showing up in ways that are aligned with our values. As we learn to recognize and remove our armor, we replace it with the following skill sets:



- **Grounded confidence:** Knowing and applying the language of human experience and emotion, Feeling embodied and connected to self, Rumbling with vulnerability, curiosity and humility.
- **The courage to walk alongside:** Committing to be other-focused, Practicing compassion, empathy & non-judgement, being relational (not transactional) and Setting and respecting boundaries.
- **Story stewardship:** Rumbling with story/staying curious (not advice giving/ dismissing) and Building narrative trust (not attached to being right nor diminishing other's perspective).

MORE SUPPORT TO CREATE AN EMOTIONALLY HEALTHY HOME

- Sign up for free downloads and to receive my [blog](#)
- Request to join the private FB Group Brene Brown Book Club [here](#)
- [CLICK HERE](#) to learn more or register for Facing an Angry, Inflexible Child Affordable, valuable, effective online courses!
- Consider private or group coaching for practices to parent a Strong Willed Child wholeheartedly. [More Information](#)
- Schedule a [free insight call](#) to understand the clear reasons why your family dynamics are intense and hard plus one thing to do differently today.

