

# STRONG GROUND

A *dare to lead* BOOK

## DEVELOPING EMOTIONAL LITERACY

*“The limits of my language mean the limits of my world.”*

—Ludwig Wittgenstein

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### PLACES WE GO...

#### WHEN THINGS ARE UNCERTAIN OR TOO MUCH

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

#### WHEN THINGS AREN'T WHAT THEY SEEM

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

#### WHEN WE SEARCH FOR CONNECTION

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

#### TO SELF-ASSESS

- Pride
- Hubris
- Humility

#### WHEN WE COMPARE

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

#### WHEN WE'RE HURTING

- Anguish
- Hopelessness
- Despair
- Sadness
- Grief

#### WHEN THE HEART IS OPEN

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

#### WHEN THINGS DON'T GO AS PLANNED

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

#### WITH OTHERS

- Compassion
- Pity
- Empathy
- Sympathy
- Boundaries
- Comparative suffering

#### WHEN LIFE IS GOOD

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

#### WHEN IT'S BEYOND US

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

#### WHEN WE FALL SHORT

- Shame
- Self-compassion
- Perfectionism
- Guilt
- Humiliation
- Embarrassment

#### WHEN WE FEEL WRONGED

- Anger
- Contempt
- Disgust
- Dehumanization
- Hate
- Self-righteousness

Brené Brown, *Atlas of the Heart* (2021)

Brené Brown, *Strong Ground* (2025)

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