

Reflections

You Are Not Alone: Exploring and Defining Sexual Violence

Here is a list of our “core emotions”

List of Core Emotions*

Anger	Happy
Anxious	Humiliation
Belonging	Hurt
Blame	Jealous
Curious	Joy
Disappointed	Judgment
Disgust	Lonely
Embarrassment	Love
Empathy	Overwhelmed
Excited	Regret
Fear Scared	Sad
Frustrated	Shame
Gratitude	Surprised
Grief	Vulnerability
Guilt	Worried

*This list is based on current data. Brené is doing new research on emotional literacy right now so expect an updated list this year.



Copyright © 2018 by Brené Brown, LLC.
March 2018

Journal Prompts

These emotions came up for me during group this week...

When I think about all I have survived, I feel...

I am not alone. These are the safe people in my life...

What happened to me was not my fault, yet healing from it is my responsibility. It is okay to prioritize my healing and wellness. I am going to do the following to take care of me this week...