

Emotions Data Map



Leaky Data

Tears and sadness are simply signs that we feel like we are losing something important to us. It is a prompt to talk about what we fear we are losing.



Queasy Data

Feeling sick in our stomachs and anxious are simply signs that we feel unable to cope with what is unfolding around us. It is a prompt to ask more questions or for help.



Fiery Data

Feeling of anger that manifest as tightness, constraint, or paralysis, preventing us fully engaging with others. It is a prompt for recognizing how we may have been violated.



Fuzzy Data

Feeling foggy-headed and uncertain are simply signs that we are missing information. It is a prompt to seek clarity.

Joyful Data



Laughter and happiness are simply signs that we are in the zone and proud of what we are achieving. It is a prompt to do more of what plays to our strengths.

Exciting Data



A racing heart and feelings of excitement are simply signs that we are learning and growing in new ways. It is a prompt to remember we are outside our comfort zone and it's safe.

Surprising Data



The loss of breath and feelings of surprise are simply signs that something unexpected is occurring. It is a prompt to slow down and get curious.

Grateful Data



Feeling safe and appreciative of others are simply signs that you feel cared for and supported. It is a prompt to connect with others.

