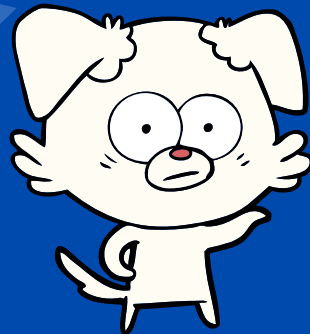


EMOTIONAL GRANULARITY

A TINY GUIDE



CREATING
A CULTURE
OF DIGNITY

EMOTIONAL GRANULARITY

is the ability to have a wide range of precise, specific words to describe how you're feeling.



Higher emotional granularity

=

Higher emotional intelligence

More words

=

**More concepts to
understand what
you're feeling.**

More understanding

=

**More awareness
and control.**



4. **TURN EMOTIONS INTO PHYSICAL SENSATIONS**

Breaking an emotion down into its physical sensations makes it easier to manage.

A sensation like sweaty palms or feeling hot isn't as personal as feeling embarrassed or humiliated.

When you feel a strong emotion, get curious about how it feels physically and name the sensations. It helps you have distance and more control.

