87 Human Emotions & Experiences

Based on the research of *Atlas of the Heart* by Brené Brown

PLACES WE GO WHEN

Things Are Uncertain Or Too Much

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

PLACES WE GO WHEN

We Compare

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

PLACES WE GO WHEN

Things Don't Go As Planned

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

PLACES WE GO WHEN

It's Beyond Us

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

PLACES WE GO WHEN

Things Aren't What They Seem

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

PLACES WE GO WHEN

We're Hurting

- Anguish
- Hopelessness
- Despair
- Sadness
- Grief

PLACES WE GO

With Others

- Compassion
- Pity
- Empathy
- Sympathy
- Boundaries
- Comparative Suffering

PLACES WE GO WHEN

We Fall Short

- Shame
- Self-Compassion
- Perfectionism
- Guilt
- Humiliation
- Embarrassment

PLACES WE GO WHEN

We Search for Connection

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

PLACES WE GO WHEN

The Heart Is Open

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

PLACES WE GO WHEN

Life Is Good

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

PLACES WE GO WHEN

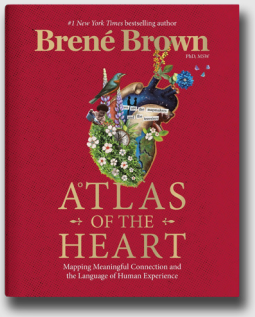
We Feel Wronged

- Anger
- Contempt
- Disgust
- Dehumanization
- Hate
- Self-Righteousness

PLACES WE GO

To Self-Assess

- Pride
- Hubris
- Humility



RESEARCHER B STORYTELLER

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