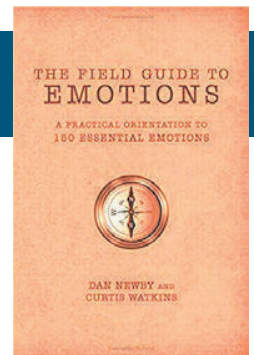


Book Recommendations

The Field Guide to Emotions

A Practical Orientation to 150 Essential Emotions

by Dan Newby and Mobius Coach Curtis Watkins



As Mobius coach Curtis Watkins and his co-author Dan Newby explain in the introduction to their brilliantly comprehensive field guide, “Two hundred years ago, only 10% of humans on the planet could read and write, and now probably 90% of people can read and write.” What would it take for us to achieve this level of emotional literacy? While we are emotional beings, we so often lack the ability to accurately name and interpret the emotional experience which, whether we know it or not, we are having on a continuous basis. We tend only to notice occasional, strong or negative emotions. This blindness (and our related emotional illiteracy) hampers our ability to engage in life fully and act intentionally in relationship with ourselves and others (including, as leaders and coaches.) This lack of emotional awareness cuts us off from critical information, dulling our experience and comprehension of what is going on inside and around us.

“If we understand the purpose of our cognitive skills to be the gathering and sorting of information, it is logical that we would need a mechanism to weigh the value of that information. This is the role emotions play in the ontological model.”

Before diving into their detailed and nuanced descriptions of 150 emotions, the authors preface their guide with an excellent introduction to understanding our emotions with greater discernment, including the ways in which emotions are:

- ▶ The energy that *moves* us.
- ▶ Non-discretionary and experienced on a continuously. We do not choose to have emotions. And we are never not experiencing an emotion.
- ▶ Legitimate domains of learning and knowing – discovered through immersion in emotional energy (our own and others) rather than through intellectual reasoning. Emotional learning has its own, typically slower, pace.
- ▶ Easier to regulate and address once we have accurately named the emotional experience we are having. They are also easily confused with one another and rarely happen one emotion at a time – we often experience several at once.
- ▶ Connected with a story we tell ourselves about the experience.
- ▶ Have a time orientation. Emotions relate to the past, present or future. Noting emotional patterns, reveals what time dimensions we may be drawn to.
- ▶ Take care of a specific human concern – each emotion has a function. For example, “Loyalty takes care of the groups to which we belong. Anger tells us what is unjust and gives us the possibility of correcting it.”
- ▶ Like our thoughts, they do not define us. Emotions and thoughts simply offer us an understanding. We are not our thoughts or emotions unless we choose to be.
- ▶ Are similar but differ from moods. Emotions are event triggered. Moods are pervasive emotional energy. “Emotions are provoked by an experience, whereas moods shape the experience we are having.”

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The authors' A-Z guide to 150 emotions includes everything from the more commonly discussed (fear, sadness, happiness) to the less common (lasciviousness, mischievousness, naivete) and examines the purpose and benefits of emotions we often judge to be negative. Given the importance of *humility* featured in the work of Professor Edgar Schein in the opening pages of this edition, we have selected this emotion and two related emotions to showcase the ways in which *The Field Guide to Emotions* is a wonderful companion to your coaching toolkit and a brilliant resource for us all.

HUMILITY "Humility is the solid foundation of all virtues." - CONFUCIUS	
Etymology	Latin <i>humilis</i> , "lowly, humble," literally "on the ground," from <i>humus</i> , "earth"
What we think or say	"I claim exactly who and what I am – nothing more, nothing less."
Its impact on our openness to others	Opens us
Our reaction or impulse for action is...	To recognize our limits
Time orientation	Present
Its purpose	Grounds us in reality
How this emotion can get in the way	In humility it is impossible to brag or make ourselves out to be more than we are. It is even difficult to do playfully, so we cannot experiment with being more.
Emotions confused with	Obsequiousness. Humility is the emotion that keeps us grounded in terms of our beliefs about ourselves, whereas in obsequiousness we believe we are less important than others.
Related emotions	Obsequiousness, modesty
How it feels or moves us	We are quiet and reserved, never bragging or calling attention to ourselves.
How our Body might feel	Relaxed, warm, open
How our breath might be	Even, slow, medium-depth
How our body might shape itself	Open chest, head slightly bent down, eyes open and clear

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OBSEQUIOUSNESS “You have to take your ego out of it and say, ‘Do I want people to be obsequious to me or do I want to write good books?’ If it’s the latter, you have to take criticism. It’s annoying, but that’s how to do good stuff; listen to other people.” - DENISE MINA	
Etymology	Latin <i>obsequious</i> , “compliant, obedient, to accommodate oneself to the will of another”
What we think or say	“I must obey”
Its impact on our openness to others	Closes us
Our reaction or impulse for action is...	To try to please
Time orientation	Present
Its purpose	Allows us to submit
How this emotion can get in the way	Obsequy or putting ourselves below others has obvious negative consequences. It can be essential for survival in some situations but may create a sustained belief we are not as important as other people.
Emotions confused with	Humility. Obsequiousness is the emotion in which we see ourselves as less important than others. Humility means we claim all that we are but nothing we are not and is a way of maintaining perspective on our place in the world.
Related emotions	Humility, fear, modesty
How it feels or moves us	We feel less important others and therefore respond to their demands.
How our Body might feel	Tight in the throat
How our breath might be	High-paced, and high in the chest
How our body might shape itself	Length and width diminished significantly.

RIGHTEOUSNESS

“What is important is man should live in righteousness, in natural love for mankind.”
-BOB MARLEY

Etymology	Early 16th century rightwise from Old English <i>rihtwis</i> , from <i>riht</i> + <i>wis</i> “wise, way, manner”
What we think or say	“There is one morally correct way.”
Its impact on our openness to others	Closes us
Our reaction or impulse for action is...	To act according to what we believe is morally correct
Time orientation	Present
Its purpose	Lets us be sure of our beliefs
How this emotion can get in the way	The implication of “I believe I am right” is that everyone else is wrong. That is the danger of righteousness. Although it is attractive to some people because of its certainty, it alienates others.
Emotions confused with	Arrogance. Righteousness means I believe I know “the Truth,” which means others need to do what I say. Arrogance means I believe I know more or am smarter and so should be considered a superior human being.
Related emotions	Certainty, arrogance.
How it feels or moves us	To act as if we know the universal truth
How our Body might feel	Upright, expanded depth, length extended and grounded.
How our breath might be	High in the chest, medium/fast-paced
How our body might shape itself	Upright, rigid, closed

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