



# Coaching Worksheet

## Feelings Aren't the F-Word: Emotional Literacy in Politics

*A resource from Erin Taylor Consulting*

### Overview

Emotional literacy is the ability to name, feel, and responsibly express emotions—especially in politically charged or high-stakes conversations. This worksheet helps you explore your emotional landscape, identify triggers, and build resilience so you can lead with clarity and compassion.


### Step 1: Define Emotion


#### How do you define emotion?

Review these perspectives and jot down your own:

Source	Definition
Marc Brackett	Emotions are granular experiences with distinct root causes.
Conscious Leadership Group	Emotions are energy in motion—physical sensations.
EQ-i Framework	Emotions are biochemical reactions to stimuli.

#### Your definition of emotion:

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## Step 2: Identify Core Emotions

Most people can only name three emotions: mad, sad, and glad. Let's expand that.

### Prompt:

- Where in your body do you feel this emotion? (Head, heart, gut?)
- Are you expressing a true feeling—or a judgment disguised as one?

### Example:

"I feel the Republicans are off their rocker" → judgment

"I feel frustrated when I hear that viewpoint" → emotion

### Reflection:

 What emotions do you most often feel in political or professional conversations?

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## Step 3: Challenge Emotional Myths

Which beliefs have shaped your emotional expression?

- ☐ "It's not personal; it's just business."
- ☐ "Emotions cloud judgment."
- ☐ "Talking about feelings is soft—or feminine."
- ☐ "I wouldn't even know where to start."

### What beliefs do you want to release?

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## Step 4: Decode Your Emotions

Use this guide to interpret what your emotions might be telling you:

Emotion	Possible Message
Anger	A boundary needs to be set. Something is out of alignment.
Fear	Something important is being avoided or needs attention.
Sadness	Something may need to be let go.
Joy	Something is calling for celebration or gratitude.

### Reflection:





 What emotion do you resist most? What might it be trying to show you?

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## Step 5: Explore Your Hot Buttons

### Step 1: Identify Triggers

Complete these prompts:

- It makes me angry when...  \_\_\_\_\_
- I feel offended when...  \_\_\_\_\_
- At work, I wish people would...  \_\_\_\_\_
- At home, I think it would be better if...  \_\_\_\_\_

### Step 2: Notice Your Reactions

- What happens in your body?  \_\_\_\_\_
- What emotions show up?  \_\_\_\_\_
- What thoughts arise?  \_\_\_\_\_



### Step 3: Coping Strategies

- What do I tend to do when my hot button is pushed?



- Do I shut down, lash out, avoid, or over-function?



### Final Reflection: Above or Below the Line?

In every conversation, we choose:

- **Above the line** → Curious, open, grounded
- **Below the line** → Reactive, defensive, judgmental

Where do you tend to show up—and what helps you shift?



### Closing Thought from Erin

Emotional literacy isn't about being perfect—it's about being present. Whether you're navigating civic leadership, ranch management, or family legacy, your emotions are not distractions. They're data. They're direction. **Use this worksheet to stay above the line. Lead with heart. Speak with clarity. And keep practicing.**