



THE LITTLE BOOK OF  
**BIG EMOTIONS**

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## Introduction



We all have emotions, but how well do we understand them?

Anger. Joy. Love. Despair. Disappoint. Overwhelm. Contentment. Envy. There are dozens of words to talk about how we feel, and each conveys something just slightly different.

There's a notable difference between sadness and anguish and an equally large difference between being anxious and terrified.

Pinpointing specific emotions in ourselves and others is vital to our social interactions, success, and wellbeing.

This guide will examine emotions and how they impact our lives. It will also focus on several bigger emotions and teach us how to identify those feelings in ourselves. Equally important are the sections teaching you how to recognize those emotions in others. After all, how can we expect to show compassion or understanding when we don't know what the other person is going through?

It's going to be an emotional journey.

It's also going to be an interesting one. Won't you join us as we learn about one of the core building blocks of being human? Let's start with learning what emotions are...