

Contents

Introduction *Into the Heart of Emotion*

What Constitutes Emotional Intimacy?

Navigating This Book

PART ONE Orientation

1 The Anatomy of Emotion

Emotion Is More Than Feeling

Emotion and Reason

Containing and Expressing Emotion

Identifying an Emotion

2 Cultivating Intimacy with Our Emotions

Four Steps to Developing Emotional Intimacy

Practice Developing Intimacy with Difficult Emotions

Having a Conscious Rant

Being Emotionally Vulnerable

Empathy and Emotional Intimacy

3 There Are No Negative Emotions

Worry, Hostility, Hate

Practice Making Wise Use of Hate

The Shadow of Trying to Be Emotionally Positive

4 Emotional Disconnection

The Anatomy of “Cool”

Turning toward Emotional Disconnection

5 Emotion and Language *Exploring the Use of Metaphor for Emotional Experience* . .

- The “Container” Metaphor for Emotion
- Making “More Inner” Synonymous with “More Real”
- Other Metaphors for Emotion
- Conceiving of Emotions as Untrustworthy

6 Emotional Intimacy in Relationships

- Turning toward Our Fear within Relationship
- Practice* Sharing What We’re Afraid to Share
- Gender Differences in Beginning Relational Work

7 Gender and Emotional Intimacy

- “The Masculine” and “The Feminine”
- Gender Differences in Emotional Intimacy
- Deepening Emotional Intimacy Regardless of Gender Differences

PART TWO Meeting the Emotions

- Introduction

8 Fear *Stepping into the Dragon’s Cave*

- Meeting the Dragon: Getting Acquainted with Your Fear
- Fear Is Excitement in Drag
- Practice* Fear and Excitement
- Fear and its Relationship to Anger
- Practice* Fear and Anger
- Adaptive and Maladaptive Fear
- Practice* Getting to Know Your Fear
- Getting Under the Dragon’s Skin: Working with Fear
- Practice* Working with Your Fear
- Embracing the Dragon: Bringing Your Fear into Your Heart
- Fear in Intimate Relationship
- Practice* Working with Fear in Relationship

9 Collective Fear *Letting Others' Fear Break Open Our Heart*

- Psychoemotional Numbing
- Our “Solutions” to Collective Fear
- Practice* Meeting Collective Fear
- Working with Collective Fear
- Practice* Working with Collective Fear

10 Shame *From Toxic Collapse to Healing Exposure*

- Practice* Staying with Our Shame
- The Nature of Shame
- Strategies to Evade Shame
- Shame Deflates Us
- Aggression, Shame, and the Inner Critic
- Healthy and Unhealthy Shame
- Practice* Taking Shame to Heart
- Working With Shame
- Practice* Working with Shame
- Evicting the Inner Critic
- Practice* Evicting Your Inner Critic
- Shame in Intimate Relationship
- Practice* Shame in Intimate Relationship

11 Anger *Moral Fire*

- The Nature of Anger
- Anger and Aggression Are Not Synonymous
- Practice* Getting to Know Your Anger
- Four Approaches to Working with Anger
- Practice* Four Approaches to Working with Anger
- Clean and Unclean Anger
- Practice* Toward Clean Anger
- Practice* Conscious Anger Rant
- Gender and Anger
- Expressing Anger, Receiving Anger
- Practice* Sharing Anger Nonverbally
- Practice* Sharing Anger Verbally
- From Reactive Rage to Wrathful Compassion

12 Sadness *Loss Taken to Heart*

- Sadness and Gender
- Shame over Sadness
- Sadness and Depression
- Working with Sadness
- Practice* Opening to Your Sadness
- Connecting through Our Tears
- The Importance of Crying
- Practice* Allowing Old Sadness to Surface

13 Joy *The Unbound Feeling of Being*

- Types of Joy
- Shadow Forms of Joy
- Working with Joy
- Practice* Joy and Deeper Joy
- Practice* Gratitude Meditation

14 Grief *The Heart Broken Wide Open*

- Practice* The Experience of Grief
- Grief Undammed
- Practice* Allowing Grief to Flow and Expand

15 Disgust *Oral/Moral Rejection*

- Practice* Experiencing and Expressing Disgust
- Healthy and Unhealthy Disgust
- Working with Disgust
- Practice* Working with Your Disgust

16 Guilt *A Stalelated Parent-Child Bind*

- Practice* Guilt's Parent-Child Dynamic
- Cutting Through Guilt's Dramatics
- Working with Guilt
- Practice* Working with the Shame in Guilt
- Fear Is Part of Guilt
- Practice* Working with the Fear in Guilt
- Practice* Working with Both Sides of Guilt

17 Depression *A Pain That's a Solution to a Deeper Pain*

Working with Depression
Practice Working with Depression

18 Contempt *Disdainful Dehumanizing*

Practice The Experience of Contempt
Contempt as Moral Condescension
Working with Contempt
Practice Working with Contempt

19 Self-Doubt *Fearfully Myopic Inner Questioning*

Practice Exploring Self-Doubt
Working with Self-Doubt
Practice Working with Self-Doubt
Doubting Your Doubt
Practice Cutting Through Self-Doubt's Content

20 Paranoia *Fear-Driven Delusion*

Practice Bringing Compassion to Paranoia
Self, Sanity, and Paranoia
Cultivating Intimacy with Our Paranoia

21 Jealousy *Heart-Stabbing Rejection*

How Jealousy Can Manifest
Jealousy and Envy
Practice Exploring the Elements of Jealousy
Working with Jealousy
Practice Getting Better Acquainted with Our Jealousy
Practice Holding Your Jealousy
Jealousy and Attachment
Jealousy and Love
Practice Turning toward What We Reject in Ourselves

22 Exultation *Fiery, Elated Affirmation*

Practice The Experience of Exultation

23 Schadenfreude *Finding Joy in the Misfortune of Others*

Practice Experiencing Schadenfreude
Schadenfreude as a Vicarious Shame-Fest
Schadenfreude as Armchair Judge
Schadenfreude's Lack of Compassion
Practice Working with Schadenfreude

24 Envy *Sideline Craving*

Envy's Relationship to Greed, Resentment, Jealousy, Shame
Envy as Inspiration in Passive Drag
Practice Working with Envy

25 Awe *The Full-Blooded Intuition of Innate Mystery*

The Shadow of Awe
Awe as Self-Transcending Intimacy with Mystery

PART THREE Deepening Emotional Intimacy

26 Directions Feeling Can Take *Feeling Into, Feeling For, Feeling With*

Feeling Into
Feeling For
Feeling With

27 De-Numbing *Thaw Until Raw*

Working with Numbness

28 Collective Overwhelm

Working with Collective Overwhelm

29 Connected Catharsis

 Considering the Value of Emotional Discharge

 The Nature of Connected Catharsis

30 Phantom Limbic Pain *Emotional Healing and Breakthrough*

 Working with Phantom Limbic Pain

Epilogue *The Feeling of Being*

Appendix I *A Meditative Practice for Establishing Grounded Spaciousness*

Acknowledgments

About the Author