

**5/10**

**EMOTIONAL GRANULARITY**

**“FRUSTRATED” AND  
“THREATENED” ARE NOT  
THE SAME EMOTION.**



# THE SHIFT

**The more precisely you  
name emotions,  
the more wisely you  
respond.**



# THE CONTRAST

**Unclear emotions → reactive leadership**

**Clear emotions → regulated leadership**



# BUILD IT

- **Label what you're feeling before reacting**
- **Notice patterns and triggers**
- **Ask deeper follow-up questions**
- **Pause when intensity rises**



**WHAT EMOTION IS  
REALLY DRIVING YOUR  
LAST DIFFICULT  
DECISION?**

STONE SOUP COACHING

