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AFTER reading the passage below, complete the table on page 2.

### Meta-Emotions, Part 1

*Excerpt from “When you don’t like what you feel: Experiential avoidance, mindfulness and meta-emotion in emotion regulation” (2009), Horst Mitmansgruber , Thomas N. Beck, Stefan Höfer, Gerhard Schüßler.*

Meta-emotions can be conceived as a subclass of ‘secondary emotions’ which is a temporal concept (a secondary emotion like anxiety follows a primary emotion like anger in time) but also implies that primary emotions can be the ‘object’ of secondary emotions (i.e. anxiety about the angry self). Thus, emotions like anxiety, anger, or compassion become meta-emotions if their object is the emotional self...

Whereas negative meta-emotions (e.g., meta-anger, meta-anxiety) reflect experiential avoidance<sup>1</sup> and non-acceptance, positive meta-emotions (e.g., meta-compassion, meta-interest) support acceptance of one’s emotions with possible positive effects on well-being...

[B]eing angry about one’s anxiety will influence the experience of that anxiety, and this process differs from experiencing compassion about being anxious. Meta-anxiety about one’s emotions depicts threat and uncertainty...whereas meta-anger involves the perception of blocked goals and the motivation to attack....

We argue that recurrent meta-emotions reflect an important part of a person’s emotion regulation with impact on the individual’s psychological well-being (PWB). PWB is related to but distinct from ‘subjective well-being’ that is more hedonic in character. PWB as ‘perception of engagement with existential challenges of life’ is more readily compatible with a mindfulness/acceptance-frame where (negative) emotions are allowed/accepted...

In the present study, meta-emotions were found to exert a powerful influence on well-being over and above experiential avoidance [and] mindfulness. To maintain well-being, it might be as rewarding to minimize negative meta-emotions and to have an accepting stance towards one’s own emotions (i.e. mindfulness/acceptance and the ‘eudaimonic’ perspective) as to minimize negative emotions (the ‘hedonic’ perspective).

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<sup>1</sup> Experiential avoidance is defined as “an unwillingness to experience feelings, thoughts and sensations as well as attempts to alter them.”

## Meta-Emotions, Part 2

When you feel the emotion in the first column, what meta-emotions and behaviors result?

(Use the Vocabulary of Emotions below to help you complete the second column.)

<i>When I feel...</i>	<i>I feel [emotions] as a result,</i>	<i>and I tend to [behaviors].</i>
<b>Regret</b>		
<b>Embarrassment</b>		
<b>Remorse</b>		
<b>Guilt</b>		
<b>Shame</b>		

## Vocabulary of Emotions

Each heading describes a category of primary emotions.

Within each category, the intensity of the emotion increases as you go down the list

<b>EMBARRASSED</b> Regretful Exposed Guilty Ashamed Humiliated Disgraced	<b>HAPPY</b> Pleased Glad Content Fulfilled Joyful Thrilled	<b>CARING</b> Warm Soft Touched Empathetic Loving Intimate	<b>EXCITED</b> Interested Engaged Eager Stimulated Energized Ecstatic
<b>INADEQUATE</b> Ineffective Lacking Weak Overwhelmed Defeated Worthless	<b>SAD</b> Disappointed Down Dejected Hopeless Miserable Grieving	<b>SCARED</b> Tense Nervous Anxious Frightened Panicked Terrified	<b>ANGRY</b> Irritated Resentful Upset Mad Furious Enraged