

I.M.P.A.C.T.

"When we deny our emotion, it owns us." -Brene Brown



Affects, Feelings and Emotions

Affects

An inborn tendency or response that when triggered, it brings attention to our bodies and alerts us.

Feelings

When we are aware of an affect, this creates a feeling.

Emotions

A feeling that includes a memory of similar past feelings.

What can we do with this knowledge?

- Helps us to understand why individuals react in certain ways .
- When a positive affect has been interrupted, this creates the experience of shame.
- This helps develop a restorative community by encouraging others to increase positive affect, decrease negative affect, & freely express all affects without shame.

The Nine Affects

