

THE WAY WE WORK



It's simply not possible _____ [OFF] when you step into the office.

According to research, the more stoic or cold people are at work the less _____ [BELIEVE].

Oversharing destroys trust and makes people around see you _____ [OR].

THE SPECTRUM OF EMOTIONS

On the _____ [SPECTRUM] expression we find under-emoters, people who struggle with talking about feelings.

_____ [OPPOSITE], who constantly share everything.

Selective vulnerability, which entails opening up without _____ [JEOPARDIZING], is the key to keep the balance.

FLAG YOUR FEELINGS

_____ [ONLY] to let people know what you're feeling; body language and expressions are also giveaways.

Flagging a feeling entails _____ [GENERAL] so people around you don't think it's about them.

ADDRESS THE NEED

The "need" is the _____ [EMOTION]; identifying it can help you get rid of that feeling faster.

SHARE

Only share things about your feelings that will support the listener or _____ [BETTER].

READ THE ROOM

_____ [JUST], help them navigate them. This shows that you care.

Many benefits come from people being honest about what they feel: they're more _____ [LONGER], they're happier and more productive.

CONCLUSION: if you overshare, _____ [AND], practice selective vulnerability.

