

Soft Emotions Versus Hard Emotions

The expression of certain types of emotions is key in building intimacy, coming together around a problem, and preventing polarization.

Soft emotions:

- Includes vulnerability, sadness, fear, doubt, uncertainty, danger and disappointment
- Generate empathy from partner
- Lead to closeness
- Enhance the security of the attachment and repair ruptures to the attachment

Hard emotions:

- Includes anger, hostility, resentment, power and control around a conflict
- Imply blame and dominance
- Escalate conflict

Which soft or hard emotions are you more likely to express? How does the expression of each impact your partners and relationships? How are you impacted when each type is expressed to you?
