

Meta-emotions

Meta-emotions are emotions about emotions. They are the way we feel about having certain kinds of emotions.

- * Be angry about being angry
- * Be sad about feeling sad
- * Be ashamed about feeling contempt toward another
- * etc.

Meta-emotions color or influence the primary emotion being experienced.

Warnings

1. People typically are less consciously aware of their meta-emotions than they are of their emotions.
2. We often assume that people have the same meta-emotions than we have (e.g., I would be ashamed about being angry, so I assume that you also would/should be ashamed about being angry).

If or when we discover, through disclosure or other behavior, that the other party does not share our meta-emotions, we are likely to make negative judgments about the other which lead to or exacerbate conflict.

Source: Tricia S. Jones and Andrea Brodtker, *Mediating with Heart in Mind: Addressing Emotion in Mediation Practice*, Negotiation Journal, Vol. 17, Nr. 3 (July 2001), pp. 217-244