

Emotional awareness: can it mitigate against the experience of humiliation and promote constructive conflict resolution?

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Abstract presented at the 2009 Workshop on Humiliation and Violent Conflict, Columbia University, New York, December 10-11, 2009

Some reflections on how emotional awareness, including the labeling of emotions, may mitigate the effects of humiliation in a conflict. Humiliation is complex emotion, composed of both shame and anger (Bonanno.) Recent research in social neuroscience has demonstrated that labeling a negative emotion reduces its strength. The normative context has a key role in the labeling process. Perhaps through emotional awareness and the modification of normative context, individuals can learn to transform the experience that would normally lead to the experience of humiliation (Mandela.)