

ICF CONVERGE

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Deconstructing and Reconstructing Emotions: A Transformative Coaching Tool from New Emotion Research



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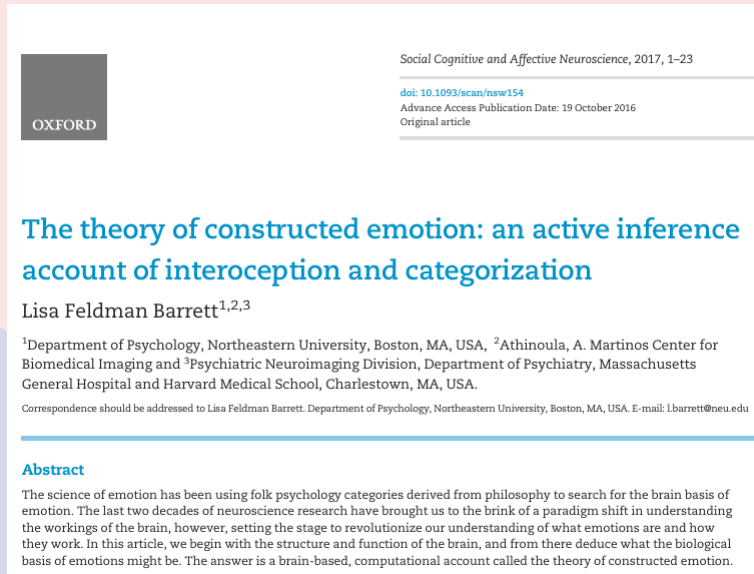
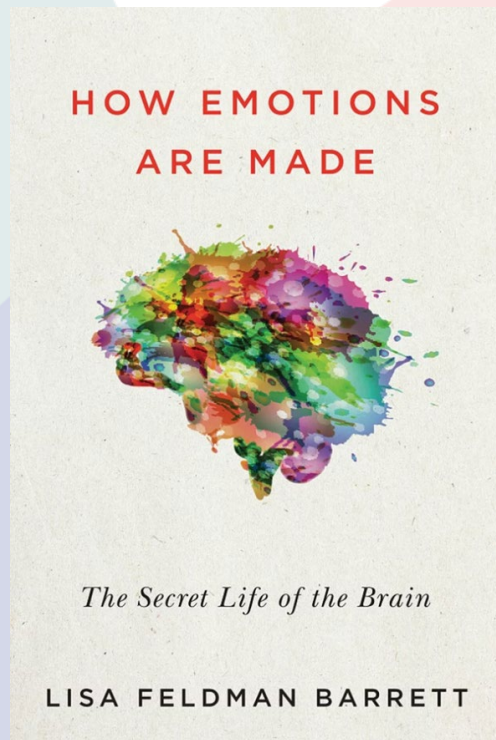
Myths about emotions

- Hard-wired into the brain
- Based on "ancient" and "mammalian" brain circuitries
- Already present at birth
- Universally experienced, expressed and recognized
- Triggered by internal or external events



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Constructing emotions

Categorizing experiences

Grouping bodily experiences, context, memories, and predictions

Social construction

Deriving categories from shared cultural "recipes"

Unconscious Process

Automatic categorization gives rise to sense of emotions
"happening to me"



A new view of emotions

No Fundamental Distinction

The brain doesn't distinguish between emotions or between thoughts and emotions.

Variation Is the Norm

Different cultures construct emotions differently.

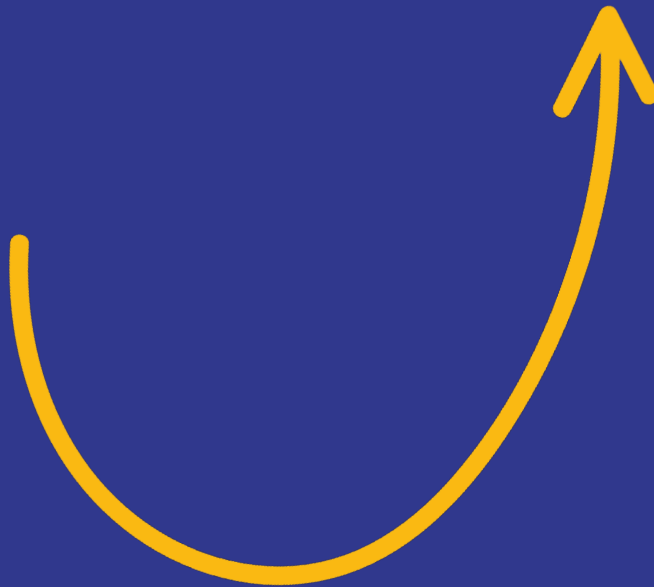
Each of us constructs emotions differently depending on goals and context.



Constructing emotions: A novel coaching tool

1 - Deconstruction

Breaking down a challenging emotion into its structural components.



3 - Reconstruction

Re-assembling the components of the experience into a different and goal-aligned emotion.

2 - Landing in the body

Exploring the whole range of experiences at the level of body sensations.

1 - Deconstruction

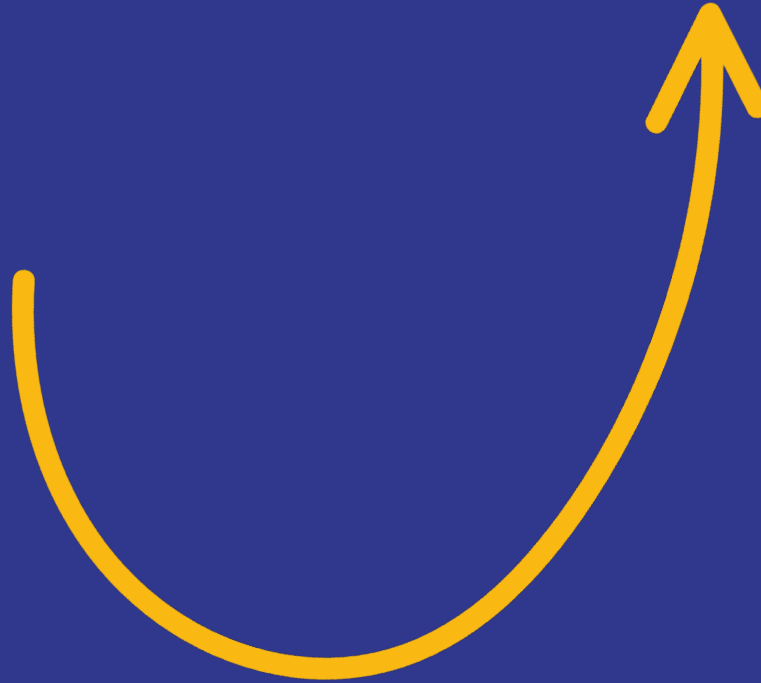
- Topic
- Goal for the session
- Emotions
- Meaning
- Function of the emotion
- Predictions
- Memories

2 - Landing in the body

- Initial pattern of sensations
- Dynamic change of sensations
- Other sensations

3 - Reconstruction

- Vision of success
- Link to body sensations
- Meaning
- Function of the emotion
- Predictions
- Memories
- Action step
- Learnings



Try a brief version!

Think about a challenge you're facing these days...

1 – How does this situation make you feel?

2 – What is that like in your body?

...mindfully observe it for a bit...

3 – What's helpful about what you are sensing?

A demonstration



[Link](#)

Key takeaways

1. Emotions aren't hardwired, they're constructed categories
2. What we call distinct emotions are social realities, not physical ones
3. Construction = opportunity for reconstruction
4. Body sensations are foundational
5. Three-step process: Deconstruct → Process as body sensations → Reconstruct

Please join us after the session for a lively discussion, feedback and Q&A!



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