

 Goodfellow Gems are chosen by Goodfellow Director, Bruce Arroll to be either practice changing or thought provoking. You are being mailed these as you are a member of the Goodfellow learning community.

Less Schadenfreude try Freudenfreude instead!

In Brené Brown's book Atlas of the Heart¹, she explores the language of human experience that people use, from stress and vulnerability (she has a Ted Talk on this²) through wonder, irony, sarcasm to pride, humility, and hubris.

She mentions schadenfreude, which means pleasure and/or joy derived from someone else's suffering or misfortune. You may have heard of this word as it's in common use, but you may not have heard of freudenfreude, which is the opposite and means enjoyment of another's success. It is also in the subset of empathy.

References:

1. Atlas of the Heart [View](#)
2. The power of vulnerability with Brené Brown. Ted Talk [View](#)

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