

This handout was made using the glossary in the book, as well as some quotes from throughout the book.

Psychoterratic emotions - Emotions related to positively and negatively perceived and felt states of the Earth

“Negative”/destructive concepts or emotions

Terraphthora - Earth destroyer

Tierricide - Earth murder. The deliberate desolation of the Earth such that it can no longer support life and life-support processes.

Topoaversion - The feeling that you do not wish to return to a place that you once loved and enjoyed when you know it has been irrevocably changed for the worse.

Mermerosity - An anticipatory state of being worried about the possible passing of the familiar and its replacement by that which does not sit comfortably in one's sense of place

Meteoranxiety - The anxiety that is felt in the face of the threat of the increasing frequency and severity of extreme weather events.

Solastalgia - The pain or distress caused by the loss or lack of solace and the sense of destruction connected to the present state of one's home and territory. It is the lived experience of negative environmental change. It is the homesickness you have when you are still at home.

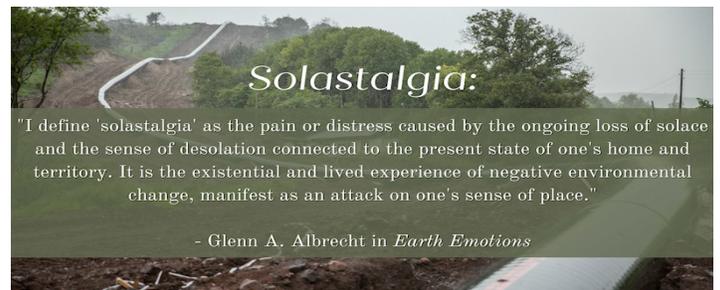
Tierrafurie - The extreme anger unleashed within those who can clearly see the self-destructive tendencies in the current forms of industrial-technological society and feel they must protest and act to change its direction.

Global Dread - The anticipation of an apocalyptic future state of the world that produces a mixture of terror and sadness in the sufferer for those who will exist in such a state.

Tierratrauma - “Tierratrauma occurs when wildfire is destroying your local area; a patch of remnant bushland is being bulldozed for a new road; you are witness to an oil spill that smothers all life on your beach. These are poignant moments when there is rapid and devastating change to a loved place or important location.” p. 85

Ecoanxiety - the specific anxiety or stress connected to the degradation of one's home environment. “Even high levels of ecological worrying are constructive and adaptive, i.e, are associated with pro-environmental attitudes and actions, and are not related to maladaptive forms of worrying such as pathological expressions of anxiety” p. 77

Ecoparalysis - Response to ecoanxiety or powerlessness when confronted by potentially damaging geophysical events. “A reasonable response to the dilemma faced by people who could see the enormous



scale of the problem confronting the world but could do nothing meaningful at a personal level to solve it.”
 “The ecologically necessary is politically infeasible but the politically feasible is ecologically irrelevant.”
 “The inability to respond meaningfully to the climatic and ecological challenges that face us is not always an expression of individual apathy and denial: it is an inevitable outcome of the intractable nature of the problems. The fact that they are tied to the very foundations of our present economy and its allied political system generates dilemmas not seen before in human history. Both voters and politicians are caught in this gridlock... while many now clearly see the extent and nature of our problems, the threat of hugely negative events, even those that will impact on their own children, seems insufficient to change behavior as usual.”
 p. 83-84

“Positive”/creative concepts or emotions

Terranascia - Earth creator

Topopinia - A deep longing to enter a place you have never been to.



Biophilia - “The person who fully loves life is attracted by the process of life and growth in all spheres... Good is reverence for life, all that enhances life, growth, unfolding. Evil is all that stifles life, narrows it down, cuts it into pieces.” - Erich Fromm, “The innate tendency to focus on life and lifelike processes” - E.O. Wilson, p. 117

Ecophilia - Love of the total ecosystem within which one is located.

Eutierria - A positive and good feeling of oneness with the Earth and its life forces where the boundaries between self and the rest of nature are obliterated and a deep sense of peace and connectedness pervades consciousness.

Endemophilia - The particular love of the locally and regionally distinctive, felt in the people of a place. [Example, one could demonstrate endemophilia by loving deeply the biodiversity of salamanders in Appalachia]. It is what gives a particular sense of belonging, an endemic sense of place, as opposed to a global sense of place. The “deep, satisfying feeling of being truly at home with one’s distinctive place and culture.” p. 126



Topophilia - First used by the poet W.H. Auden in 1947, expanded on by geographer Yi-Fu Tuan. “If we accept that love of landscape and place can be a powerful emotion, especially for indigenous people and people who live closely to the land and soil, then a lived experience of the chronic desolation of that landscape or place would be an equally powerful emotion and psychic state [replaced by solastalgia and tierra trauma].” p. 121

Ghedeist - The awareness of a spirit or force that holds all life together; a feeling of profound symbiotic interconnectedness in all life between the self and other beings (human and nonhuman) and their gathering together to live within shared Earth places and spaces. It is a secular feeling of intense affinity and sense of mutual empathy for other beings.

Soliphilia - The love of the totality of our place relationships, and a willingness to accept the political responsibility for protecting and conserving them at all scales. p. 121

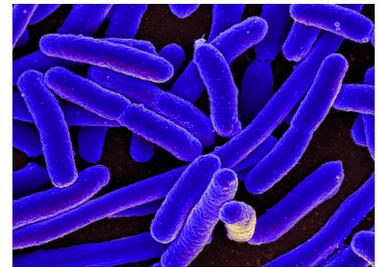
Sumbiocentric - Taking into account the totality of life interests in the biosphere at all scales when making decisions about human needs.

Sumbiocracy - A form of government where humans govern for the symbiotic, mutually beneficial, or benign relationships in a sociobiological system at all scales. Sumbiocracy is rule for the Earth, by the Earth, so that we might all live together.

Sumbiography - An account of the cumulative influences on a person's life, from childhood to adulthood, that have culminated in their values and attitudes toward the relationship between humans, other forms of life, and nature.

Sumbiophilia - The love of living together.

Sumbiosic - Those cumulative types of active and purposive relationships and attributes created by humans that enhance mutual interdependence and mutual benefit for all living beings so as to conserve and maximize a state of unity-in-diversity.



Symbiocene - The era in Earth history that comes after the Anthropocene. This period of human existence will be a positive affirmation of life, and it offers the possibility of the complete reintegration of the human body, psyche and culture with the rest of life. p. 103

Further Resources:

Supporting POWHR:

- ★ [Newsletter signup](#)
- ★ [Donate to POWHR](#)

Resources for climate emotions:

- ★ [Generation Dread newsletter:](#)
 - Resources for working with climate change emotions [issue](#)
- ★ [All We Can Save project:](#)
 - Nurturing a welcoming, connected, and leaderful climate community, rooted in the work and wisdom of women, to grow a life-giving future.
- ★ [Climate Psychology Alliance](#)
 - Psychology for understanding and facing climate change and difficult truths - responding to ecological crisis and helping each other engage.
- ★ Find workshops, retreats, and study groups and learn about the [Work That Reconnects:](#)
 - [The Evolving Edge](#) is a branch of TWTR that is focused on decolonizing the practices of TWTR to better meet the needs of communities of color
 - Read more about [The Evolving Edge's ideas and practices](#)
- ★ Recommended books:
 - Active Hope: How to Face The Mess We're in Without Going Crazy by Joanna Macy and Chris Johnstone
 - All We Can Save [All We Can Save is an anthology of writings by 60 women at the forefront of the climate movement who are harnessing truth, courage, and solutions to lead humanity forward]
 - A Field Guide to Climate Anxiety by Sarah Jaquette Ray