

# Understanding Feelings

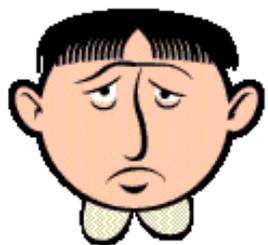
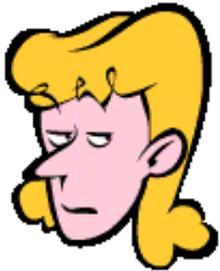
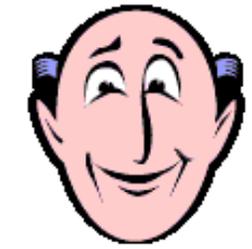
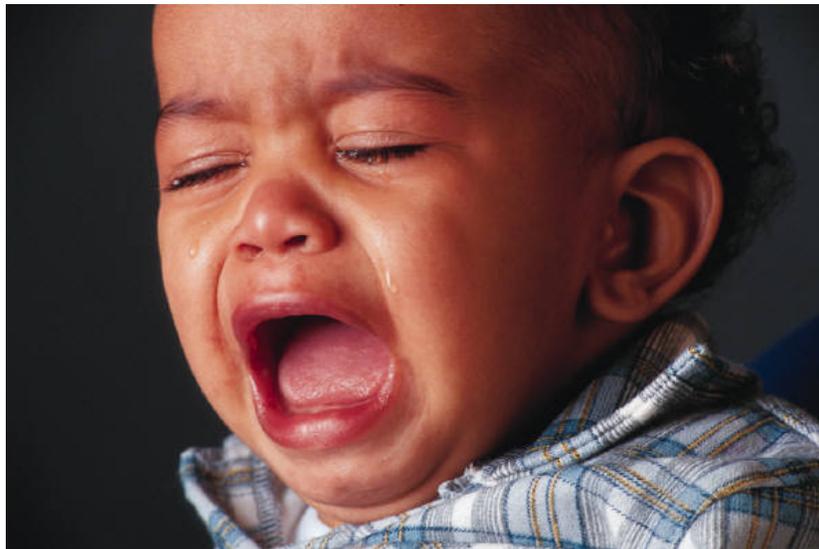


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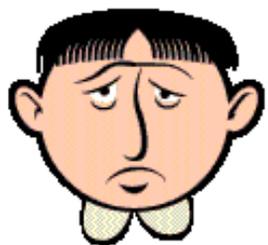
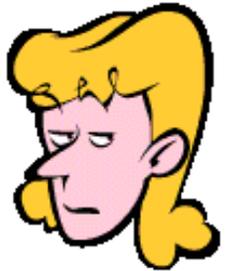
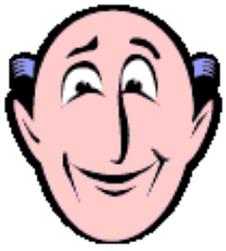
# Feelings

- Most people have learned that there are two types of feelings: Good and Bad.

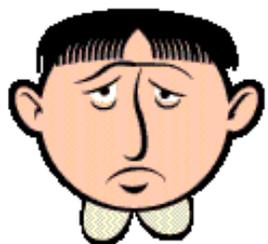
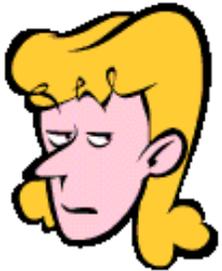
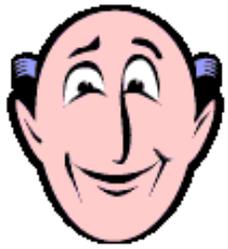


# Feelings

- There is no such thing as a bad feeling since all feelings are an expression of an experience.
- When we categorize feelings as good or bad, we also categorize the people who have them as good or bad.



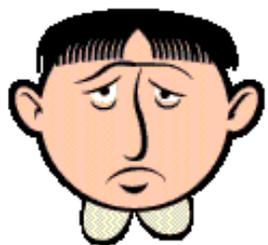
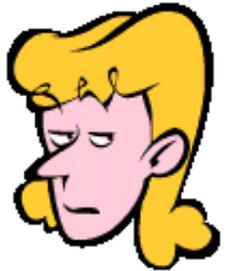
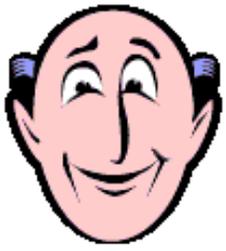
# Feelings

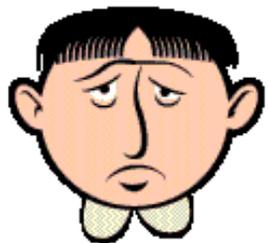
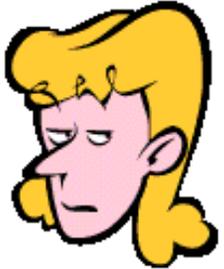
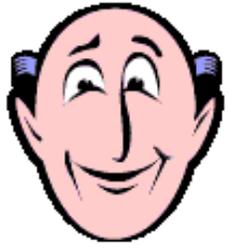


- Instead of referring to feelings as good or bad, we can group them into **feelings of comfort**, and **feelings of discomfort**.
- That way it's the feelings we are labeling, not the people who have the feeling.

# Feelings of Comfort

- **Feelings of comfort include:**
  - Love.
  - Peace.
  - Joy.
  - Contentment.
  - Happiness.
  - Satisfaction.
  - All other feelings that influence the person in a positive way.



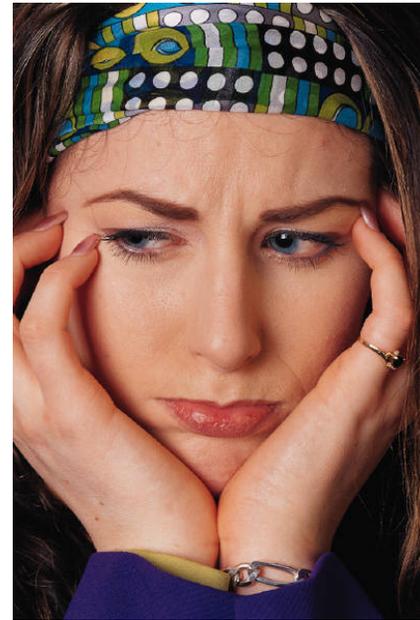


# Feelings of Discomfort

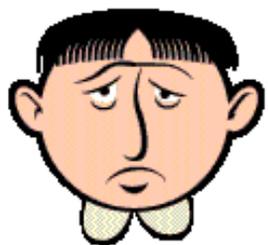
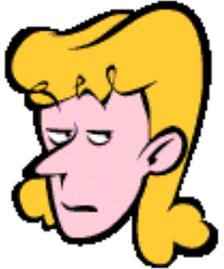
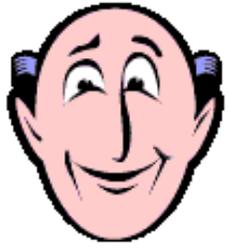
- **Feelings of discomfort** are feelings create an unsettled feeling inside.

For example:

- Hate.
- Envy.
- Jealousy.
- Anger.
- Frustration.
- Sadness.



# Feelings of Discomfort



- The goal is not to deny feelings of discomfort.
- The goal is to manage the feelings so the feelings do not take over your life.

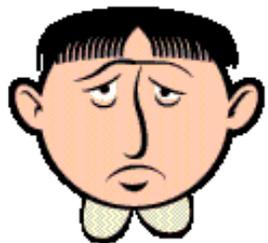
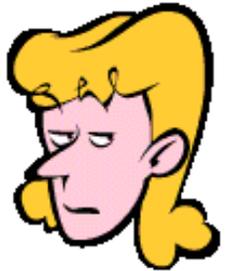
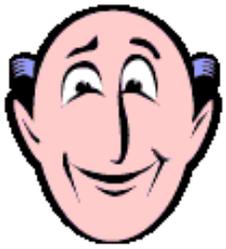
# How To Manage Feelings

- **Awareness**

- The way your body responds to a feeling.

- The name you give the feeling.

- Awareness of the situation or similar situations that generate specific feelings.

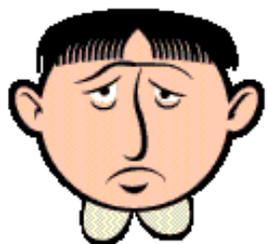
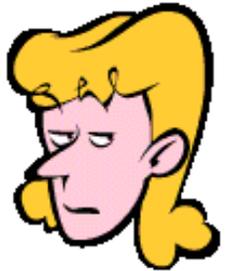
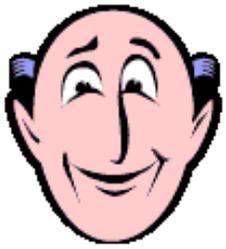


# How To Manage Feelings

- **Acceptance**

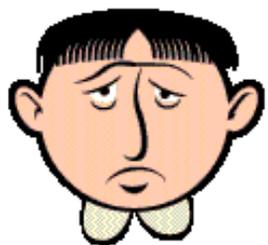
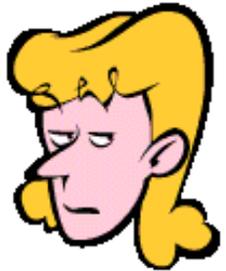
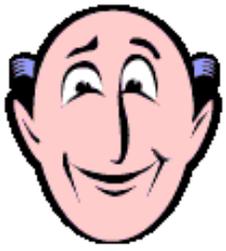
- The second step in managing feelings is a general acceptance that whatever you are feeling is OK, and that you are not a bad person for having such feelings.

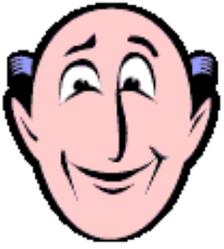
- Instead of accepting a feeling, many people deny, pretend or mask the feeling.



# How To Manage Feelings

- **Communication**
  - When it comes to expressing feelings, such communication can either be verbal or non-verbal.
  - All feelings have energy which gives the feelings life.

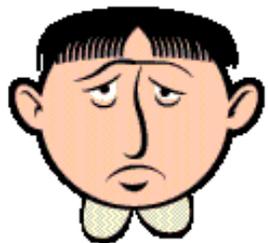
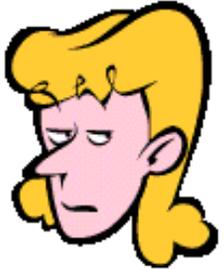




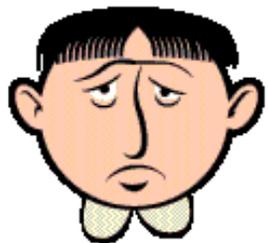
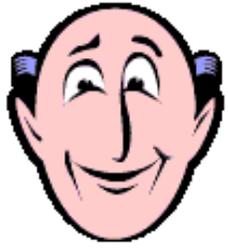
# How To Manage Feelings

- Three helpful rules in expressing energy are:

- **Respect yourself** - don't hurt others.
- **Respect others** - don't hurt others.
- **Respect the environment** - don't destroy property, animals, or nature.



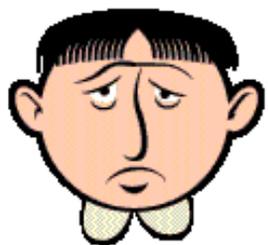
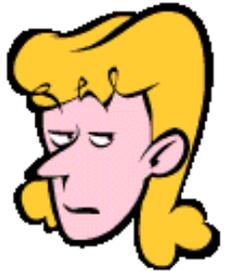
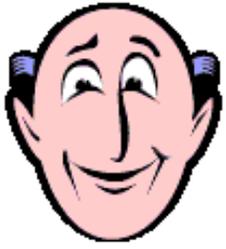
# Hiding Your Feelings



- When past experiences in our lives have been very painful, there is a tendency for many of us to avoid dealing with the pain.
- Examples are the death of a loved one, the breakup of a meaningful relationship, a bad investment of money, or some painful experience in childhood.

# Hiding Your Feelings

- We will either try to forget the experience altogether, or we will attempt to get rid of the painful feelings by stuffing them inside.
- Neither works very well in the long run. The painful feelings do not go away; they are just out of sight.



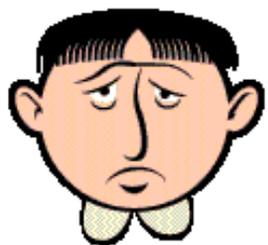
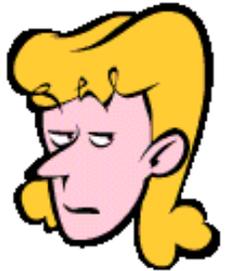
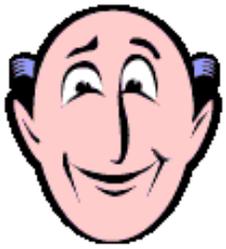
# Hiding Your Feelings

- We learn very early in life not to deal with pain or other feelings of discomfort.



# Letting Go of Past Pain

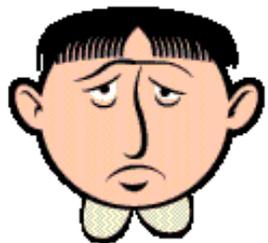
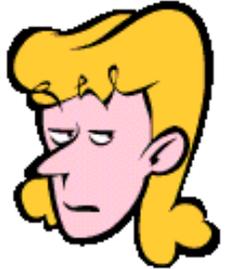
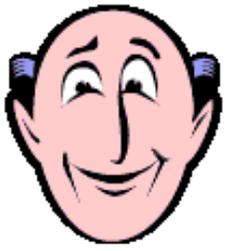
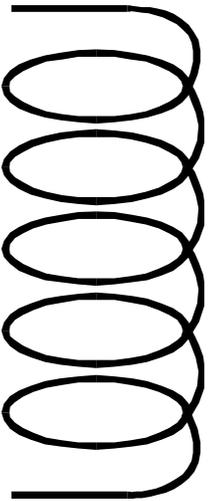
- An unpleasant experience we have had that we are unwilling or unable to deal with acts as a giant spring.
- We have to squash by applying pressure to it.



# Letting Go of Past Pain

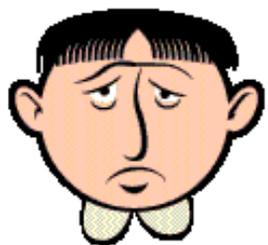
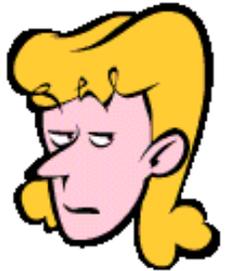
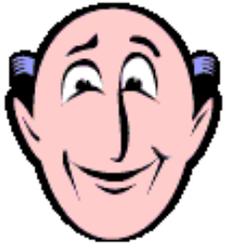


- The moment we let up on the spring, it becomes fully extended.
- This is just like the painful feelings that come leaping into our mind.
- When that happens, we relive the experience again.

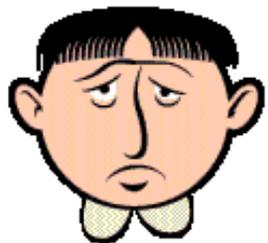
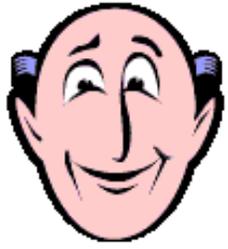


# Letting Go of Past Pain

- The first step is to use healthy strategies to express your feelings of discomfort, and not hide them.
- The effort involved in feeling free and being able to nurture yourself and others may not be easy, but it is certainly worth it.



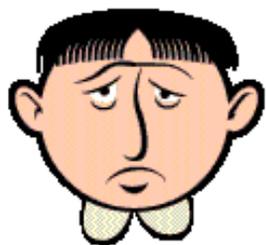
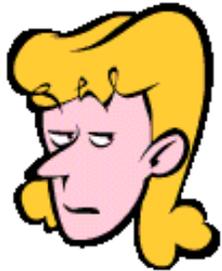
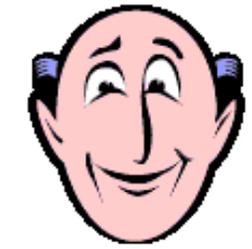
# Helping Children Handle Their Feelings



- How we prepare our children to handle their feelings will affect the quality of their life more than any other element of parenting.
- The worst thing we can do as parents is to not prepare children for the tasks and challenges of life.

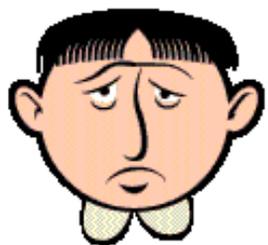
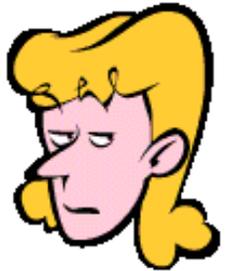
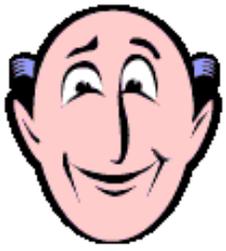
# Children and Their Feelings

- Help children handle their feelings, and the world is theirs.
- Let them struggle in their ways to recognize, express and handle their feelings, and difficulty will be theirs.



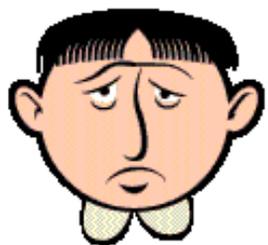
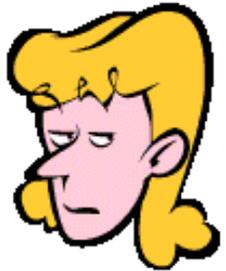
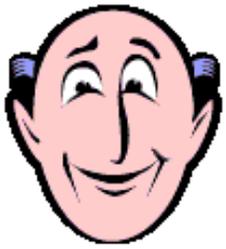
# Children and Their Feelings

- Children that learn to handle their feelings develop a sense of competence.
- Children who think they are competent are easier children to parent and to be around.



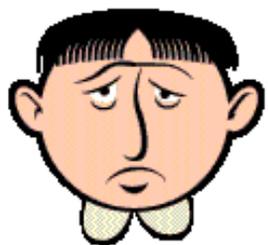
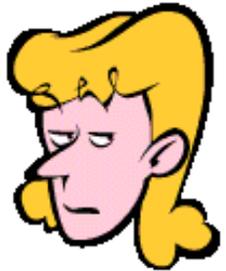
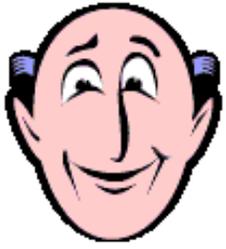
# Emotional Competence

- Emotional competence is the ability for parents and children to be able to recognize and express their feelings in appropriate ways.



# Ways to Build Emotional Competence

- Let children know all feelings are OK.
  - Children have to believe that all feelings are good and useful in communicating.
  - It is HOW the feelings are communicated that can either be OK or not OK.



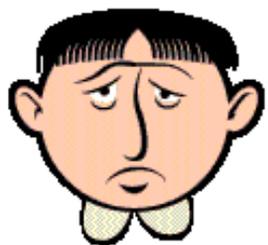
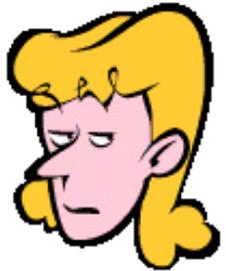
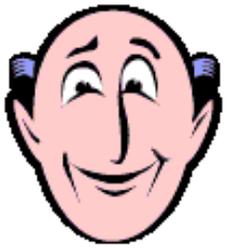
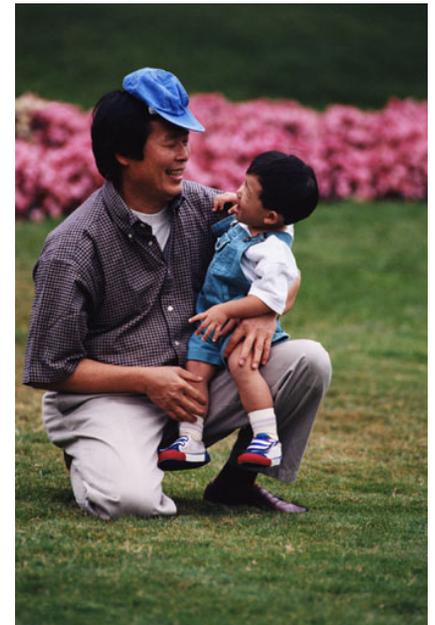
# Ways to Build Emotional Competence

- Label the feeling you see or think you see.
  - For example, “You look “happy.”
  - This will give the child a feeling of being believed and respected.



# Ways to Build Emotional Competence

- Do not dominate the conversation.
  - Let the child do the talking.
  - Encourage sharing by looking interested in what your child is saying.



# Ways to Build Emotional Competence

- Promote rationale behind feelings.
  - Ask the question, “Why?” For example:
    - “Why do you think he is feeling that way?”
    - “Why are you feeling so sad?”



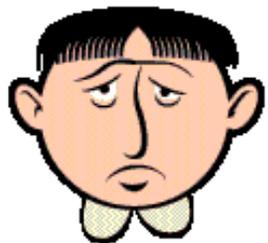
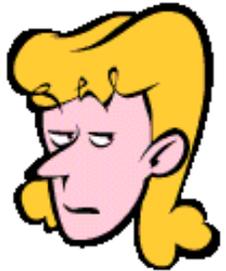
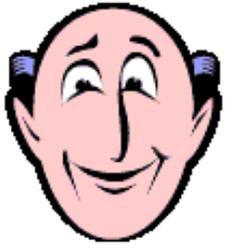
# Ways to Build Emotional Competence

- Brainstorm with the child what, if anything, needs to be done.
  - Sometimes comforting a child is all that needs to be done, or simply just listening.



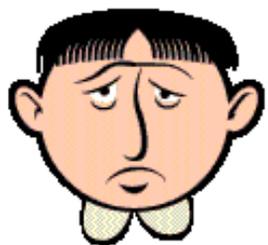
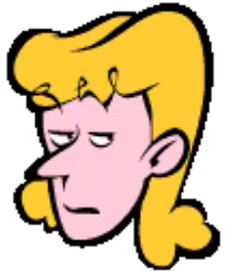
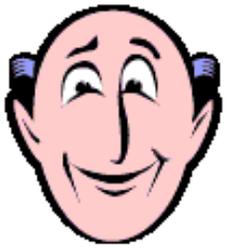
# Ways to Build Emotional Competence

- When a child wants something, honor their desire.
  - Children feel you understand and appreciate their desires.
  - Once children realize that their feelings are honored, they are more open to listening to the logic why they cannot have what they want.



# Ways to Build Emotional Competence

- Teach children how to express their emotional energy.
  - All feelings have energy that need expression.
  - Brainstorm a list of physical things children can do to release their energy.



# Ways to Build Emotional Competence

- Praise, praise, praise.
  - When children are expressing their feelings appropriately, let them know you like what you hear.
  - Remember, the behaviors you pay attention to are the behaviors that are being reinforced.
  - Catch your children behaving well.

