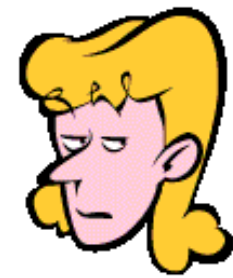


Understanding Feelings

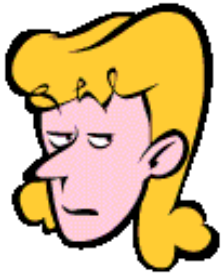
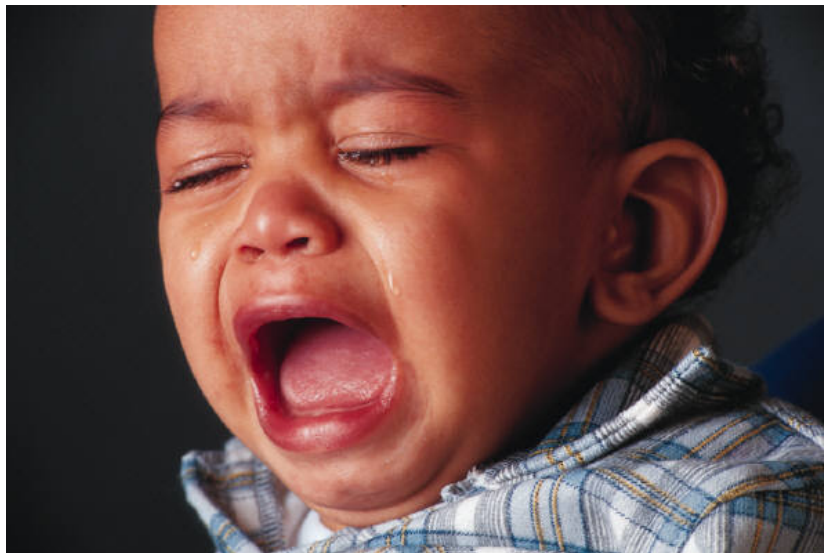


Family Development Resources, Inc.



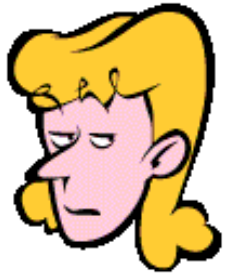
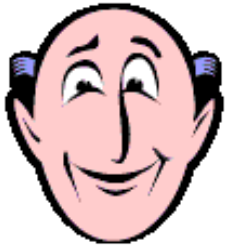
Feelings

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



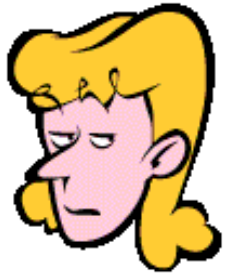
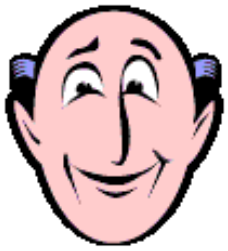
Feelings

- 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.



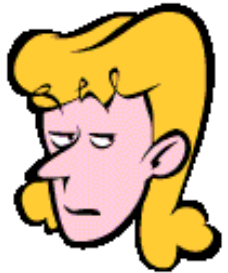
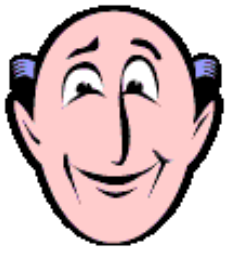
Feelings

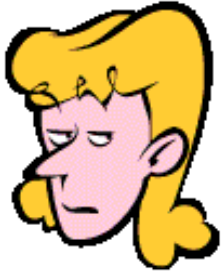
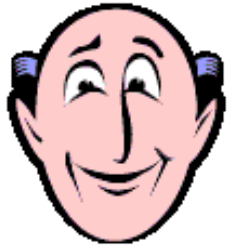
- Instead of referring to feelings as good or bad, we can group them into **feelings of comfort**, and **feelings of discomfort**.
- That way it's the feelings we are labeling, not the people who have the feeling.



Feelings of Comfort

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



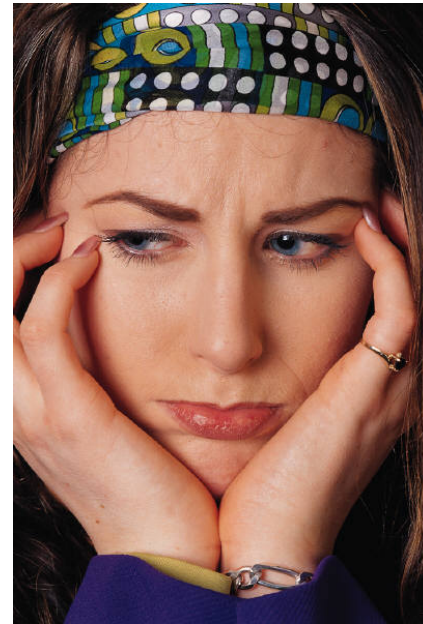


Feelings of Discomfort

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

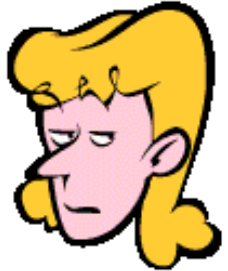
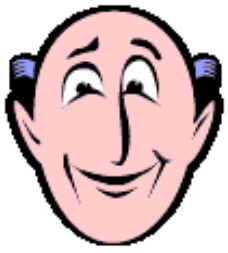
For example:

- 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.



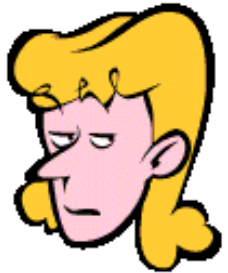
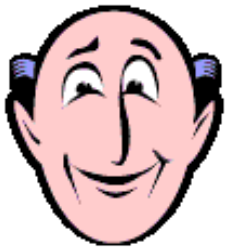
How To Manage Feelings

- **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.

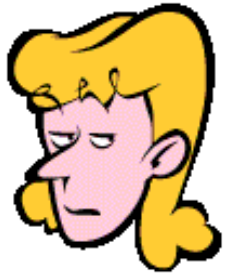
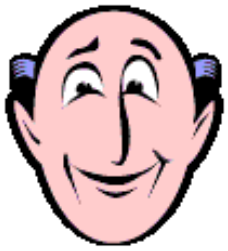


How To Manage Feelings

- **Acceptance**

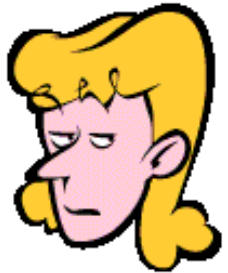
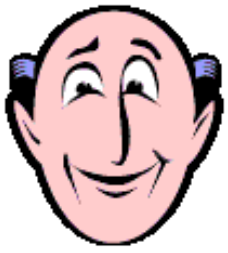
- The second step in managing feelings is a general acceptance that whatever you are feeling is OK, and that you are not a bad person for having such feelings.

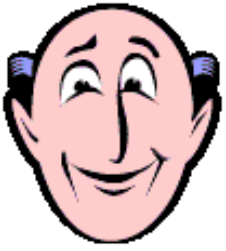
- Instead of accepting a feeling, many people deny, pretend or mask the feeling.



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.

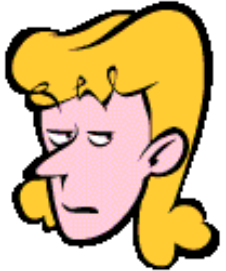




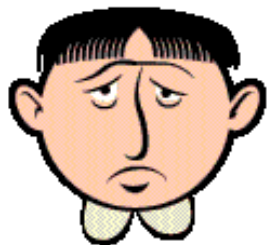
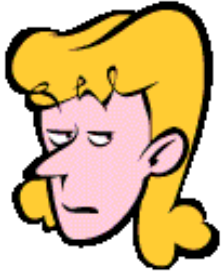
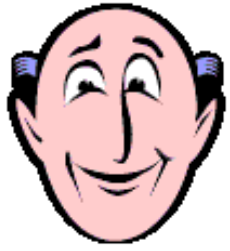
How To Manage Feelings

- 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.

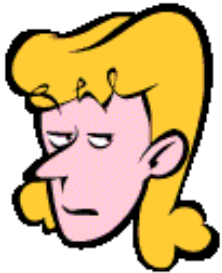
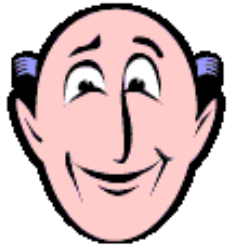


Hiding Your Feelings



- 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.

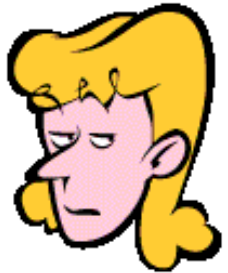
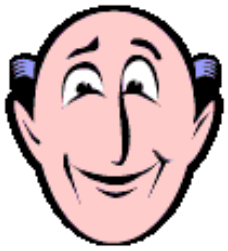
Hiding Your Feelings

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



Letting Go of Past Pain

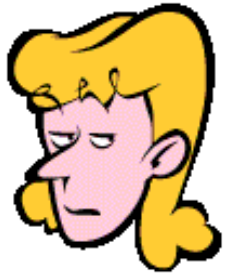
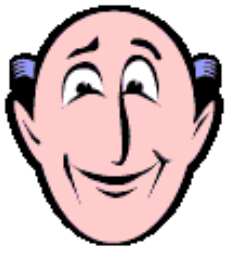
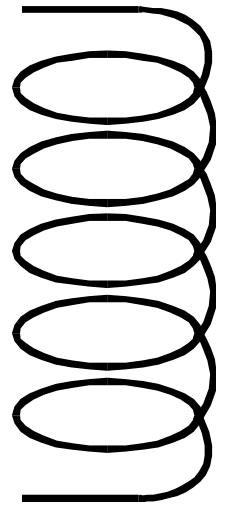
- An unpleasant experience we have had that we are unwilling or unable to deal with acts as a giant spring.
- We have to squash by applying pressure to it.



Letting Go of Past Pain

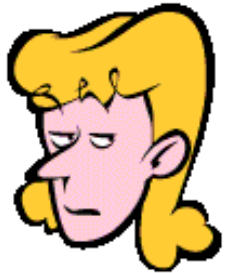
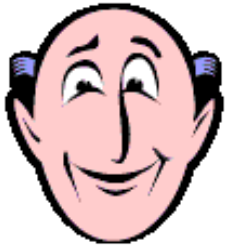


- The moment we let up on the spring, it becomes fully extended.
- This is just like the painful feelings that come leaping into our mind.
- When that happens, we relive the experience again.

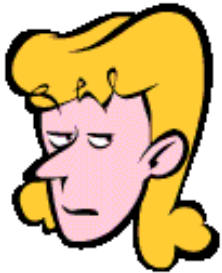
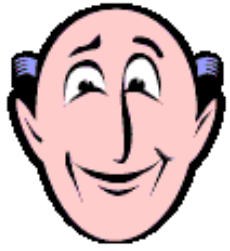


Letting Go of Past Pain

- 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.



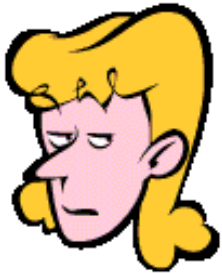
Helping Children Handle Their Feelings



- 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.

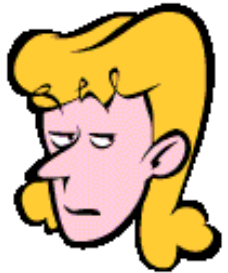
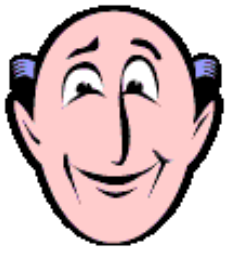
Children and Their Feelings

- 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.



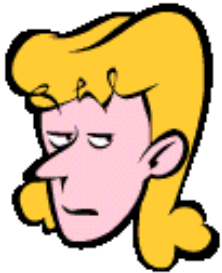
Children and Their Feelings

- 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.



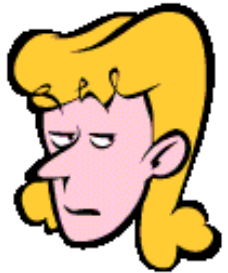
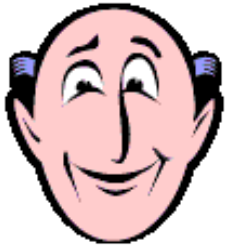
Emotional Competence

- 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.



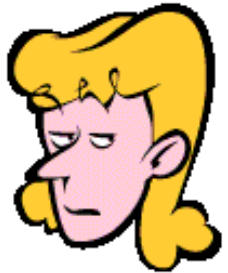
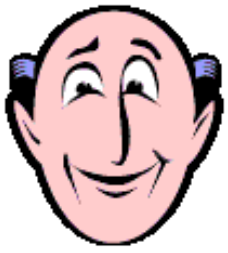
Ways to Build Emotional Competence

- 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?”



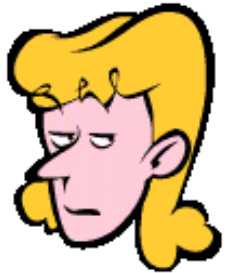
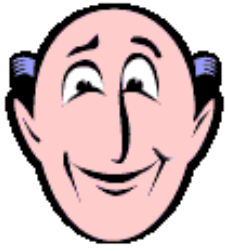
Ways to Build Emotional Competence

- 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.



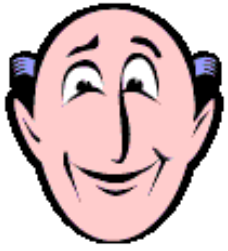
Ways to Build Emotional Competence

- 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.

