

SESSION SEVEN: DESCRIBING OUR FEELINGS

Think about some of the emotions you experience: happy, afraid, disgusted, angry, and sad. How would you describe each of these feelings?

Happy:

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Afraid:

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Disgusted:

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Angry:

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Sad:

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## SESSION SEVEN: RECOGNIZING OUR FEELINGS

We have used words to say how we feel, but have you ever thought about WHERE you FEEL your feelings? There are no right or wrong answers, everyone may experience their feelings in their own way.

Take a few minutes to think about how your feelings and emotions actually **feel in your body** to you and try to describe how you feel when you experience these feelings?

1. What does **happy** feel like in your body?
2. Where or how do you experience **fear**?
3. When you are **disgusted**, where do you feel it?
4. If you are **angry** what happens to your breathing? Where do you feel anger?
5. Where in your body do you experience **sadness**?



SESSION SEVEN: UNDERSTANDING OTHERS' FEELINGS

How do you know when your child is experiencing different emotions?

Describe how you know your child is happy, afraid, disgusted, angry, and sad.

Happy:

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Afraid:

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Disgusted:

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Angry:

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Sad:

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## SESSION SEVEN: THE IMPORTANCE OF HARMONY

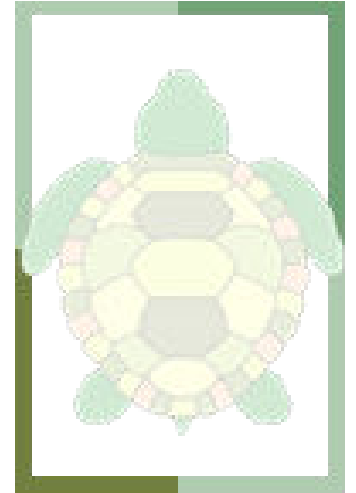
All of our emotions are a natural and normal part of life. The way we **behave** when we are feeling overwhelmed by an emotion is what counts and has lasting effects. It is important for us to maintain harmony even when we are feeling a full range of emotions.

### WHEN OUR EMOTIONS ARE RULING OUR LIVES WE CAN HURT

**Physically....** We can hurt ourselves (headaches, rashes, ulcers).  
We can hurt others (hitting, kicking, throwing things).

**Emotionally...** We can hurt ourselves (guilt, sadness, depression).  
We can hurt others (put downs, hurt feelings).

**Relationships...** Can be damaged and destroyed. Communication can be blocked. We can find ourselves alone.



### REPPRESSED EMOTIONS CAN BE VERY HARMFUL

When we have feelings that are not acknowledged, their impact can cause drug and alcohol abuse, poor health, violence, and family breakdown.

### CAUSES OF DIFFICULT FEELINGS

**Frustration:** When we are not getting what we want or had hoped for.

**Conflict:** When we have to choose between alternatives. Alternatives being faced might both be desirable, have one desirable and one undesirable, or have two undesirable choices.

**Stress:** Stress is like a rubber band: we can only be stretched so far before we snap. Remember that stress can be positive and negative.

**Making Mistakes:** Some people admit their mistakes and learn from them. Some consistently blame others for everything. Everybody makes mistakes, but unless we learn from them, they are useless.

### DIFFERENT PEOPLE CAN HANDLE VARYING LEVELS OF STRESS

**Racehorses:** Those who thrive on stress and are only happy with a vigorous, fast-paced lifestyle.

**Turtles:** Those, who in order to be happy, require peace, quiet, and a generally tranquil environment.

Are you a turtle, a racehorse, or somewhere in between?

## SESSION SEVEN: PARENT HASSLE LOG

Each time you feel upset with your child, fill out a hassle log form. By completing the hassle log, we can learn to see patterns in our strong emotions.

**WHEN**

**DATE:** \_\_\_\_\_

Morning                                       Afternoon                                       Evening

**WHERE**

**WHERE WERE YOU?**

Home                                       Work                                       Other: \_\_\_\_\_

**WHAT**

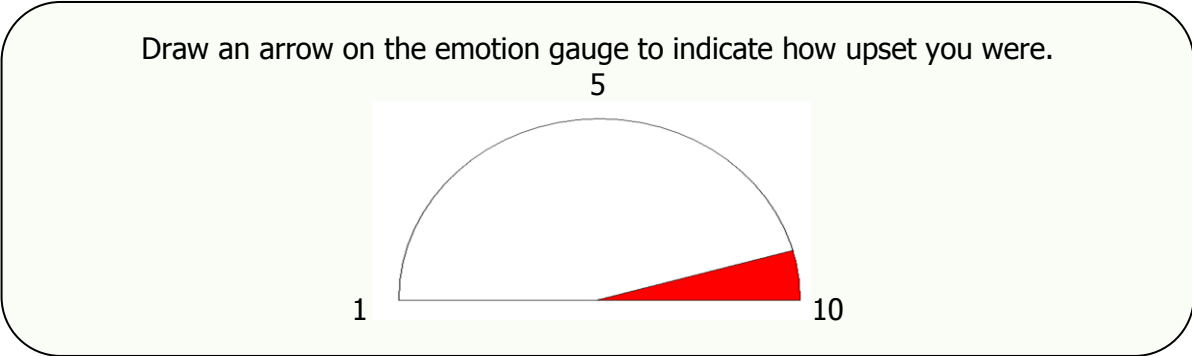
**WHAT HAPPENED? Check all that apply.**

<input type="checkbox"/> My child did not comply with rules or a request	<input type="checkbox"/> My child was whining or made a scene
<input type="checkbox"/> My child did not get home by curfew	<input type="checkbox"/> My child was disrespectful or talked back
<input type="checkbox"/> My child got bad grades at school	<input type="checkbox"/> My child was swearing
<input type="checkbox"/> My child was misbehaving at school	<input type="checkbox"/> My child argued with their siblings
<input type="checkbox"/> Other: _____	

**YOUR REACTION**

**WHAT DID YOU DO? Check all that apply.**

<input type="checkbox"/> Showed my child I was upset	<input type="checkbox"/> Ignored it
<input type="checkbox"/> Laughed, made a joke of it	<input type="checkbox"/> Spoke to them harshly
<input type="checkbox"/> Threatened harsh punishment	<input type="checkbox"/> Yelled or screamed
<input type="checkbox"/> Took time away to cool down	<input type="checkbox"/> Told my child I was upset
<input type="checkbox"/> Gave my child a time out	<input type="checkbox"/> Gave my child a stern look
<input type="checkbox"/> Distracted myself with other thoughts	<input type="checkbox"/> Told my partner about it
<input type="checkbox"/> Calmly discussed problem with my child	<input type="checkbox"/> Offered tobacco
<input type="checkbox"/> Used Anger Control Technique (identify): _____	
<input type="checkbox"/> Used Coping Skills (identify): _____	
<input type="checkbox"/> Other (identify): _____	



**Did you feel this "hassle" was resolved?** \_\_\_\_\_

\_\_\_\_\_

## SESSION SEVEN TAKE HOME ACTIVITY

**FEELINGS**

We have many kinds of feelings and emotions. No feeling is bad – but sometimes how we behave when we feel a strong emotion can have a positive or negative impact on our lives. What are the things that make you feel happy, afraid, disgusted, angry, and sad? Write down the things that make you feel a certain way and how you behave when you feel them.

**The Event**

Something that makes me happy is:

Something that makes me afraid is:

Something that makes me feel disgusted is:

Something that makes me angry is:

Something that makes me sad is:

**The Result**

When I feel happy I ...

When I feel afraid I ...

When I feel disgusted I ...

When I feel angry I ...

When I feel sad I ...

