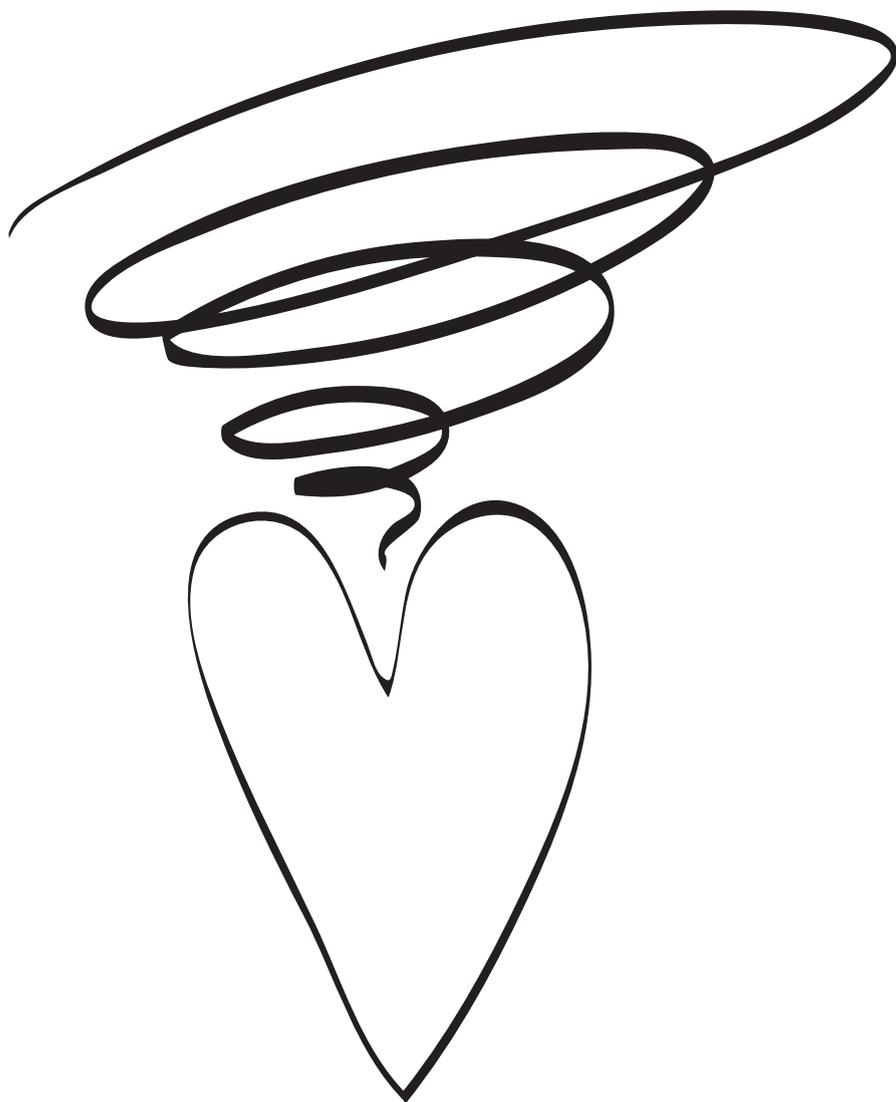


FEEL, TALK <sup>and</sup> LEARN  
*about* **EMOTIONS**



# FEEL, TALK <sup>and</sup> LEARN <sup>about</sup> **EMOTIONS**

Emotions are our best friend because emotions tell us what is good for us and what is not good for us.

Emotions tell us many things like; what makes us happy, what makes us angry, what makes us sad, and what we want more of in our lives. That way, the emotions take care of us by telling us how we feel. Therefore, it is important that we listen to our emotions and get to know them.

The best way to get to know our emotions is by FEELING the emotion and letting others HEAR how we feel so they can SEE and understand how we feel. When we tell others how we feel, they can help us, and in that way we experience that our emotions are okay.

Open your hearts to an honest and loving talk about what it is you feel, where in your body you feel it, how you feel it, and when you feel it.

Use the questions to come to a deeper understanding of the difficult emotions that we all have. Emotions that can sometimes be really hard to feel and therefore hard to put into words.

The more you open up to talking about your feelings, the easier it will be for you to feel your feelings, and that is the way to self-esteem. Why? Because the feeling of being seen, heard and felt with all our emotions, it creates the feeling of being something worthwhile = self-worth!

# LOVE & JOY

**Question:**

What is joy and love?

What makes you happy?

Where in your body do you feel joy?

How does it feel in your body when you are happy?

What do you do when you are happy?

What do you need when you are happy?

Describe a situation where you have experienced joy and love.

# ANGER & IRRITATION

**Question:**

What is anger?

What makes you angry?

Where in your body do you feel anger?

How does it feel in your body to be angry?

What do you do when you are angry?

What do you need when you are angry?

Describe a situation where you became angry and tell what you needed.

# GRIEF & *SADNESS*

**Question:**

What is grief?

What makes you sad?

Where in your body do you feel that you are sad?

How does it feel in your body when you are sad?

What do you do when you are sad?

What do you need when you are sad?

Describe an experience where you felt sad and tell what you needed.

# ENVY & JEALOUSY

**Question:**

What is envy?

What makes you envious?

Where in your body do you feel envy?

How does it feel in your body when you are envious?

What do you do when you are envious?

What do you need when you are envious?

Describe an experience where you were jealous/envious and tell what you needed.

# FEAR & AFRAID

**Question:**

What is fear?

What scares you?

Where in your body can you feel you are scared?

How does it feel in your body when you are scared?

What do you do when you are scared?

What do you need when you are scared?

Describe a situation where you were scared and tell what you needed.