

FEELING SKILLS

Facts About Feelings

1. We are all born with feelings and none of them are “good” or “bad”. We learn from our families to hide certain feelings; our families may also have taught us things like “nice people don’t get mad.” Think about some feelings that were not okay in your family and write down an example:

Example:

2. Feelings often do not make sense and they don’t have to. It is okay that you cannot explain why you feel the way you do, such as feeling lonely around a large group of people. Think of a feeling you have that does not make sense:

Example:

3. Feelings can be strong causing some people to fear they are going “out of control”. Write down a strong feeling you have had:

Example:

4. Feelings can be influenced by what and how we think about things that happen to us. If I think I am a “loser” when criticized, I may hold in my hurt and angry feelings. I may then feel weak and look for ways to ease the pain, like drinking, or to prove I am not weak, by criticizing someone else. Think of a pattern of feelings you have experienced that lead to an unproductive behavior.

Example:

5. Feelings can be our “friends.” They are important messages to us that something has to be taken care of, such as letting someone know they are annoying. If we “catch” (notice and label) our difficult feelings early and manage them effectively, we will reduce our stress and feel better about ourselves. Think of an important message behind one of your difficult feelings:

Example:
