

* Embracing Emotions

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COUNSELLOR
RESOURCES



* Aim and Objectives

Aim: To feel more confident with emotional content

Objectives:

- ✓ To rethink our relationship to our feelings
- ✓ To understand the function of feelings
- ✓ To discover how to work with our feelings



* Agenda for Today

- ✓ Thoughts on emotions
- ✓ The difference between emotions, feelings and mood
- ✓ Feelings about feelings
- ✓ The function of feelings
- ✓ Listening to our feelings
- ✓ Managing our feelings



* A Moment to Land

*Without our emotions,
we can't make decisions;
we can't discover our dreams;
we can't set proper boundaries or
behave skilfully in relationships;
we can't identify our hopes or
support the hopes of others;
and we can't connect to,
or even find, our dearest loves.*

McLaren (2010, p. 29)



* A Moment to Land

Emotions can:

Help us make decisions,

Discover our dreams,

Set good boundaries in our relationships,

Identify our hopes and

Connect to, or even find,
our dearest loves.



* Press Pause – Emotions?

- ✓ What is your relationship to your emotions?
- ✓ What can be challenging about our emotions?
- ✓ Why do you think we have emotions?

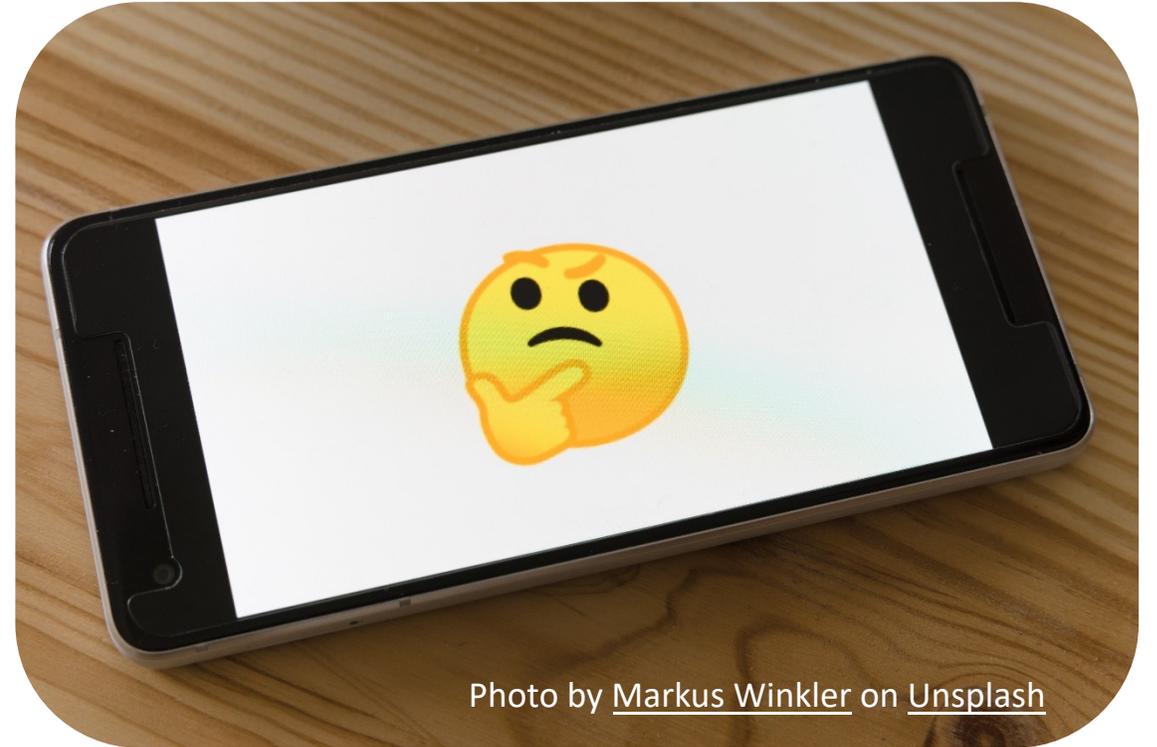
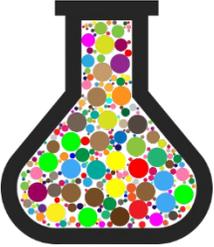


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* Difference between Emotion and Feeling

<p>Emotion</p>  <p>Something happens and the chemicals in our body react. This is our emotional response.</p>	<p>Mood</p>  <p>Mood happens when feelings and emotion hang around.</p>
<p>Feeling</p>  <p>We make sense of the emotion and it becomes a feeling. Feelings can be personal, physical and mental.</p>	

* Some Words for Feelings

crushed
hesitant
determined
outraged
tense
contented
upset
scared
angry
strong
confused
optimistic
bitter
joyful
pleased
glad
bold
grateful
amused
furious
cross

* Press Pause – Your Relationship to ...

✓ Anger

✓ Fear

✓ Sadness

✓ Joy

* Emotions – The Good, the Bad, the Ugly?

The Good?

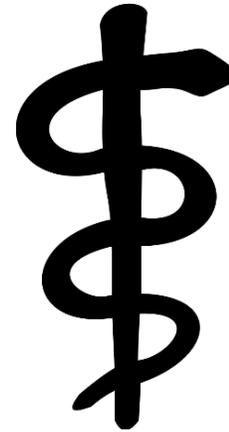
Happiness
Joy
Contentment
Satisfaction
Desire
Love

* Emotions – The Good, the Bad, the Ugly?

The Bad?

Sadness
Anger
Frustration
Fear
Jealousy
Shame
Guilt
Anxiety
Worry

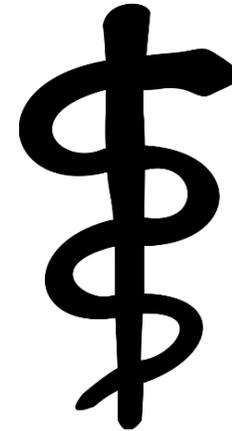
* The Function of Emotion



<p>Fear Personal trainer</p>	<p>Anger Guard</p>	<p>Sadness Healer</p>	<p>Messengers</p>
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* The Function of Emotion

How can we honour our emotions?



Fear Personal trainer	Anger Guard	Sadness Healer	Messengers
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What action should be taken?

What must be protected?
What must be restored?

What must be released?
What must be refreshed?

- Shame
- Joy
- Anxiety
- Frustration

* The Child Who Lost Their Kite



'Stop crying.
Don't be a big
baby!'

'Come on, let's
go and get an
ice-cream!'

'We'll get you
another, even
better kite.'

It's sad when we lose
something we love.

That happens sometimes.

Would you like a big hug?

* The Spider Experiment

88 people afraid
of spiders

Asked to approach
the spider (×3)



One hairy live
tarantula

Physiological
responses monitored

* The Spider Experiment

1. Fact: Describe what it is like and what you are feeling.



2. Reassure: It's OK; it can't hurt me; I don't need to be scared.

3. Ignore: Talk about something else, e.g. 'I'm having soup for lunch.'

4. Control group: Do or say nothing.

* Press Pause – Listening to our Emotions?

Think of an emotion you have felt recently:

- ✓ Can you describe how you were feeling?
- ✓ If that emotion was a friend, how do you think it is trying to help you?
- ✓ Is there a message behind that emotion?
- ✓ What are your options now?
- ✓ Now you have honoured the emotion, what will you do?

* Example: Listening to Emotion

- ✓ I'm angry with my flatmate.
- ✓ Our values clash and I feel unappreciated.
- ✓ My values are important.
- ✓ Let it go/check in/make a request.
- ✓ Let it go.



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* Working with Overwhelming Feelings

PRESS YOUR PAUSE BUTTON



- ✓ Tarantula Strategy: Name what you are feeling.
- ✓ BBC: Box Breathing Calm – breathe out longer than you breathe in, five times.
- ✓ Try the five-senses exercise.
- ✓ Describe five favourite things.
- ✓ If you're angry, do some maths.

* Personal Well Being Plan

What can have a negative effect on my mood?

What are my signs that my mood is changing?

What activities help me lift my mood?

What are the top three things I can do that help?

* What Are You Feeling?



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* References and Further Reading

- ✓ Kircanski, K. (2012). 'That Giant Tarantula Is Terrifying, but I'll Touch It' – Expressing Your Emotions Can Reduce Fear [online]. *Association for Psychological Science*. [Viewed 28/4/23]. Available from:
<https://www.psychologicalscience.org/news/releases/that-giant-tarantula-is-terrifying-but-ill-touch-it-expressing-your-emotions-can-reduce-fear.html>
- ✓ McLaren, K. (2010). *The Language of Emotions – what your feelings are trying to tell you*. Bolder, Colorado: Sounds True Inc.