

If you were able  
to believe in *Santa Claus*  
for 8 years,  
you can believe in *yourself*  
for 5 minutes.

## LIVING THROUGH LIFE EVENTS - SESSION 6

### Developing your Emotional Vocabulary

	<b>Happy</b>	<b>Sad</b>	<b>Hurt</b>	<b>Anxious</b>	<b>Confused</b>
<b>Yes/ No?</b>					
<b>Mild</b>					
<b>Moderate</b>					
<b>Strong</b>					
	<b>Caring</b>	<b>Angry</b>	<b>Lonely</b>	<b>Guilty</b>	<b>Inadequate</b>
<b>Yes / No?</b>					
<b>Mild</b>					
<b>Moderate</b>					
<b>Strong</b>					

## LIVING THROUGH LIFE EVENTS - SESSION 6

Fill in chart and identify which emotions you have experienced in the last week.

Yes/No/when. Was it easier to think about some of the feelings than others – link to the feelings wheel from last week.

Add any words from the feelings wheel? Do they fit in the stronger- mild range?

### Questions for reflection to help you become more aware of your feelings...

Choose one of the feelings

Have you experienced this feeling recently, has it been more or less often than normal?

Would you like to feel this feeling more often or less often?

Have you felt more in control of this feeling recently?

Have you told anyone else you feel this way?

Would it be useful to tell someone about this feeling?

## LIVING THROUGH LIFE EVENTS - SESSION 6

### Understanding your Emotions

*“It is easier to act yourself into a new way of feeling than to feel yourself into a new way of action”. Harry Stack Sullivan, Psychiatrist*

**Golden Rule for feelings – keep the airwave open!**

**THINK about how you can do this – safely and reliably.**

- Your feelings create a consistent background hum to each and every day.
- Your ability to predict and regulate how you feel is disrupted and made more difficult by depression.
- It is helpful to recognise and acknowledge your feelings - this takes practice and lots of self-awareness.
- Increased awareness of your feelings will help you to communicate clearly about your own and other people’s feelings
- Use the emotional temperature to identify the best windows of opportunity for talking.

Actively pursue opportunities for positive feelings.

**TAKE 5 minutes every day**

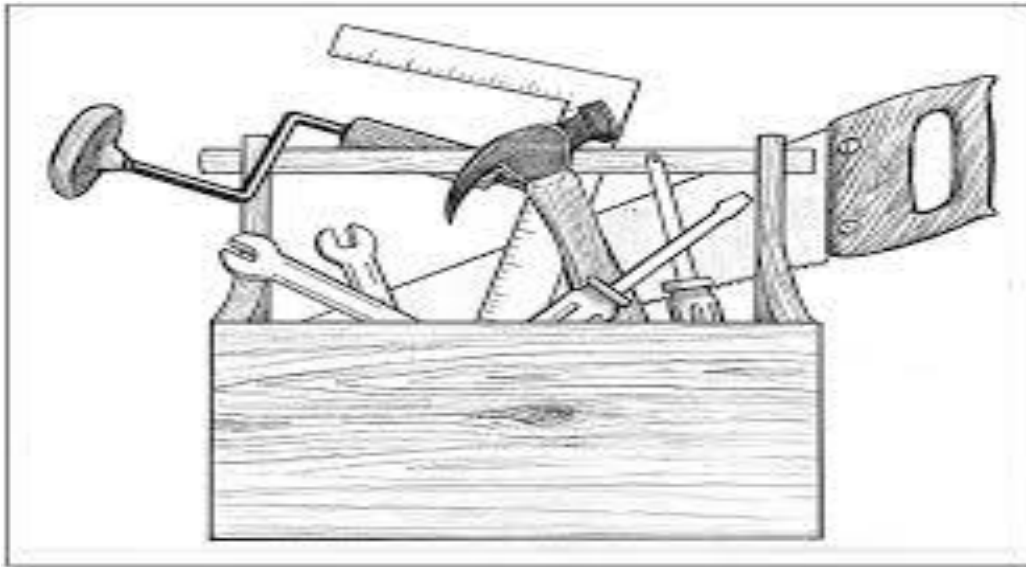
***To stand back and identify the different feeling you have had through that day. Add any new feeling you notice to your list of feeling words.***

## LIVING THROUGH LIFE EVENTS - SESSION 6

**We all need a tool kit...**

What is in yours right now?

What would you like in yours?



If you don't think you have the right tool to use could you look for an alternative one to use.

**Living through Life Events**

My thoughts and feelings - Session 6.