

Naming and Understanding Emotions

Naming our Emotions

To help name what emotion you maybe feeling at any given time it maybe helpful to check if it fits into one the following emotion families.

- Fear/ Anxiety / oppression / panic / over-whelmed
- Happiness / enjoyment / satisfaction / thrill
- Sadness / rejection / grief / loneliness
- Shame / embarrassment / humiliation / mortification
- Guilt / remorse / regret / apologetic / sorry
- Love / attention / caring / liking / passion
- Jealousy / clinging / mistrustful / suspicious
- Envy / resentment / covetous / wishful
- Disgust / wisdom / repulsion / hate

How to Manage your Emotions?

Step1. Check the facts

- Check out whether your emotional reactions fit the facts of the situation.
- Checking your assumptions with the facts can help your emotional response to situations.

Step 2. Opposition Action

- When your emotions do not fit the facts or when acting on your emotions is not effective, acting opposite will change your emotional reactions.

Consider these examples:

<u>Emotion</u>	<u>Action Urge</u>	<u>Opposite</u>
Fear	Run Away/Avoid	Approach/don't avoid
Anger	Attack	Step Back/ Take some Time Out
Sadness	Withdraw/ isolate	Tell people your trust and will accept it

Step 3. Problem Solving

- Problem solving will reduce the frequency of negative emotions.
 - A) Check the facts so you have the right problem situation
 - B) Identify your goal in solving the problem
 - C) Brainstorm lots of solutions, ask for suggestions from people you trust.
 - D) Choose a solution that fits the goal and is likely to work
 - E) Put the solution into action
 - F) Evaluate: If it worked.... great.! If not go back to **D** and choose a new solution to try solving the problem.

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