

◀ CHAPTER TEN ▶



How you feel

Each day you will probably notice yourself having a range of different feelings. For example, you could:

- ▶ wake up feeling **anxious** about going to school
- ▶ feel **happy** on the school bus talking with friends
- ▶ feel **angry** when your friend forgets to bring the CD you wanted to borrow
- ▶ feel **stressed** about completing your history homework
- ▶ feel **relaxed** when watching TV at the end of the day.

You will find that:

- ▶ some of these feelings will last only a **short time**
- ▶ others will go **on and on**
- ▶ some will be so **weak** that you may not even notice them
- ▶ others will be **very strong** and seem to take over.

Our first job is to find out more about the types of feelings that you have. This is not always easy because:

- ▶ we are not always very good at identifying our feelings
- ▶ we often wrap all our feelings up together under one label.

To help you to discover your feelings, you may need the help of the **Feeling Finder**. The **Feeling Finder** can help you to discover:



- ▶ what feelings you have
- ▶ what feelings are the strongest
- ▶ where you are most likely to have these feelings
- ▶ what thoughts go with these feelings.

What feelings do I have?

Learning to identify your feelings is important, as it may help you to learn how to control them. For example, breathing exercises may help with feelings of anxiety or worry, but not with feelings of sadness.

Three of the strongest and most common unpleasant feelings are stress, unhappiness and anger.

▶ Stress

When people feel stressed or wound up they notice a number of different symptoms. The signs of stress vary from one person to another but may include:



- ▶ feeling sick
- ▶ butterflies in the stomach
- ▶ shortness of breath
- ▶ sweating
- ▶ legs feeling heavy or like jelly
- ▶ going red in the face
- ▶ feeling light-headed
- ▶ fainting
- ▶ aching muscles
- ▶ your mind going blank
- ▶ difficulty in making decisions.

▶ Unhappiness



Everyone feels unhappy at some time or another, but for some people this feeling takes over their life and they end up feeling very depressed. They might find themselves:

- ▶ regularly tearful
- ▶ crying for no clear reason or over small things

- ▶ waking up early in the morning
- ▶ having difficulty in falling asleep at night
- ▶ feeling constantly tired and lacking in energy
- ▶ comfort eating or losing their appetite
- ▶ having difficulty in concentrating
- ▶ losing interest in things that they used to enjoy
- ▶ going out less often.

Because these feelings produce some very strong physical reactions, people sometimes end up thinking that they are ill or unwell. These symptoms then become the reason why they stop or avoid doing things.

- ▶ 'I'm not sleeping and can't concentrate, so I have given up my weekend job'.

These physical reactions are very real, but you may not be unwell. It may be part of a trap where your negative thoughts create these symptoms. If you are unsure or want some reassurance, then check this by talking with your doctor.

▶ Anger

Anger is a very common feeling and can be expressed in many different ways:



- ▶ shouting, yelling and screaming
- ▶ swearing and threatening
- ▶ throwing things
- ▶ breaking things
- ▶ slamming doors
- ▶ hitting, kicking, fighting
- ▶ wanting to harm oneself.

Feelings and what you do

Feelings don't just suddenly happen. There is usually something that triggers them. If you remember the **Magic Circle**, then you will remember that how you feel will be affected by what you do and what you think.

The **Feeling Finder** has helped people to learn that they have different feelings in **different places**.



- ▶ At school you may feel **anxious**.
- ▶ At home you may feel **relaxed**.
- ▶ In town you may feel **worried**.

You will notice different feelings when you engage in **different activities**.



- ▶ When watching TV you may feel **calm**.
- ▶ When talking with people you may feel **anxious**.
- ▶ When doing maths you may feel **happy**.
- ▶ When playing sport you may feel **tense**.

You will also notice that you feel different with **different people**.



- ▶ With your dad you may feel **angry**.
- ▶ With your best friend you may feel **relaxed** and confident.
- ▶ With your teacher you may feel **happy**.
- ▶ With your sister you may feel **stressed**.

Feelings and what you think

The way in which we think causes feelings.

- ▶ If you **think** that you have no friends, you may **feel sad**.
- ▶ If you **think** that you are disliked, you may **feel worried**.
- ▶ If you **think** that you did well with your homework, you may **feel pleased**.

Putting it all together

If you put all this together, you will probably start to notice a pattern.

What you do	How you feel	What you think
Stay at home alone	Sad	I've got no friends
Go out with Jim	Happy	We always have a laugh together
Go to school	Stressed	I just can't keep up with my work
Go shopping for clothes	Angry	I can never find anything that looks good on me
Have a bath	Relaxed, calm	It's nice lying here



- ▶ How we feel depends on what we do and what we think.
- ▶ Try to identify the different feelings that you have.
- ▶ Check whether your strongest feelings are linked to particular thoughts or what you do.



Thoughts and feelings

Thoughts that make me feel **GOOD**:

1



2

3

Thoughts that make me feel **UNPLEASANT**:

1



2

3



Activities and feelings

Activities or things that make me feel **GOOD**:

1



2

3

Activities or things that make me feel **UNPLEASANT**:

1



2

3



The Feeling Finder word search

Can you find these feelings that the **Feeling Finder** has hidden?

Happy	Angry	Afraid	Scared
Grumpy	Tense	Anxious	Unhappy
Worried	Wound up	Sad	Uptight
Depressed	Calm	Tearful	Excited
Relaxed	Guilty	Ashamed	Insecure
Frightened	Nervous	Hurt	Confused
Upset	Mad		

N	H	C	K	H	G	F	D	S	E	W	T	Y	U	N	F	C
H	A	N	G	R	Y	M	M	L	Q	U	P	T	I	G	H	T
C	P	W	R	K	F	B	D	I	A	N	G	F	F	X	Z	E
O	P	G	U	I	L	T	Y	N	P	H	M	N	N	G	F	A
N	Y	T	M	T	F	X	Z	S	C	A	R	E	D	S	W	R
F	E	Y	P	V	T	Y	D	E	S	P	I	R	Q	E	R	F
U	F	H	Y	N	E	L	P	C	T	P	R	V	G	J	K	U
S	D	F	G	H	N	P	R	U	G	Y	F	O	V	B	N	L
E	A	J	H	J	S	A	D	R	H	I	R	U	G	H	F	W
D	N	N	U	K	E	Y	E	E	J	K	G	S	M	K	R	D
F	X	B	R	A	D	Y	P	S	K	C	F	F	A	J	I	F
W	I	V	T	F	R	H	R	E	L	A	X	E	D	H	G	G
H	O	C	B	R	F	H	E	D	X	L	W	Q	U	L	H	H
J	U	U	B	A	V	A	S	H	A	M	E	D	P	O	T	Y
K	S	P	N	I	V	B	S	H	S	Z	S	X	T	Y	E	T
M	D	S	W	D	N	V	E	X	C	I	T	E	D	M	N	R
N	F	E	P	V	U	L	D	K	J	L	A	Z	P	L	E	Y
R	G	T	D	C	Q	P	O	W	O	R	R	I	E	D	D	J

Which are the most common feelings that you have?



What feeling goes where?



We have different feelings in different places. Use a different colour and draw a line from each place to the feeling that best describes how you feel.

- With other children
- At home
- In bed at night
- Out shopping
- At school
- With Mum or Dad
- With my best friend
- On my own

- sad
- happy
- worried
- angry
- calm
- scared
- excited
- relaxed
- frightened
- bored
- fed up
- upset



My feelings



- ▶ Think about all the different feelings you have (pleasant and unpleasant) and draw or write them down on a piece of paper.
- ▶ Choose a coloured pen or pencil for each feeling (you could choose something like red for happy, blue for sad, etc.).
- ▶ Use these colours to draw your feelings on the picture below.
- ▶ Try to show how much you have of each feeling.





What happens when I feel sad?



Think about something that made you feel really sad and unhappy. How would someone else know that you felt like this?



What does your face look like when you are sad?



How does your body show that you are unhappy?



How do you behave when you are unhappy?

How much of the time do you feel unhappy?

Never

1

2

3

4

5

6

7

8

9

10

All the time



What happens when I feel angry?



Think about something that made you feel really cross and angry. How would someone else know that you felt like this?



What does your face look like when you are angry?



How does your body show that you are angry?



How do you behave when you are angry?

How much of the time do you feel angry?

Never

1

2

3

4

5

6

7

8

9

10

All the time



What happens when I feel anxious?



Think about something that made you feel really anxious or uptight. How would someone else know that you felt like this?



What does your face look like when you are anxious or uptight?



How does your body show that you are anxious or uptight?



How do you behave when you are anxious or uptight?

How much of the time do you feel anxious or uptight?

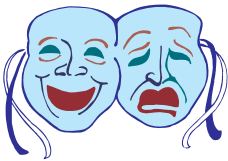
Never 1 2 3 4 5 6 7 8 9 10 All the time



What happens when I feel happy?



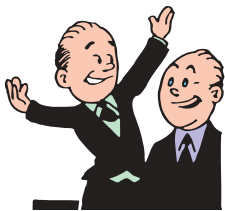
Think about something that made you feel really happy. How would someone else know that you felt like this?



What does your face look like when you are happy?



How does your body show that you are happy?



How do you behave when you are happy?

How much of the time do you feel happy?

Never											All the time
1	2	3	4	5	6	7	8	9	10		



Feelings and places



Think about all your different feelings and write them on sheets of paper.

Make a list of the main places, people and activities in your life. The list might include some of the following:

- 1 Mum
- 2 Dad
- 3 grandparents
- 4 best friend
- 5 other children
- 6 school
- 7 home
- 8 leisure/activity club
- 9 playing sport, games, reading a book
- 10 in bed at night
- 11 watching TV
- 12 doing schoolwork
- 13 going somewhere new
- 14 going to school
- 15 being with friends.

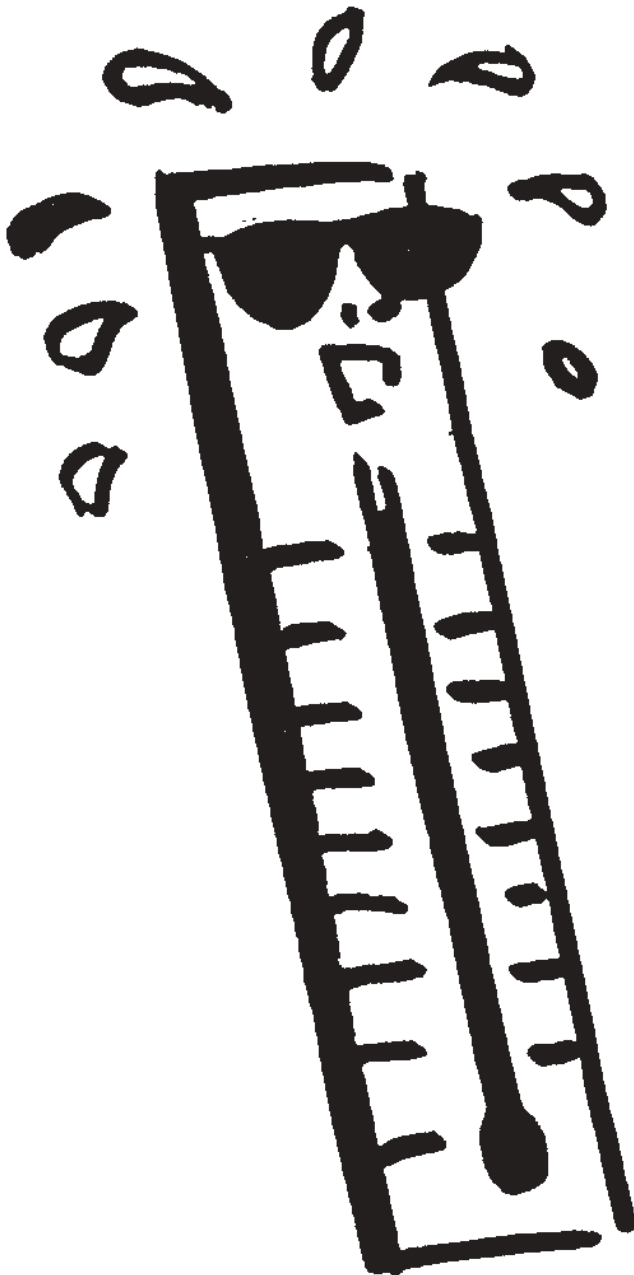
Choose which feelings go with each of the above.

What gives you the most pleasant feelings?

What gives you the most unpleasant feelings?

The Feeling Thermometer

Use the Feeling Thermometer to show how strong your feeling is.



10 **Very strong**

9

8

7 **Fairly strong**

6

5

4 **Weak**

3

2

1 **Very weak**