



Feelings Facts

1

Feelings, just are

Feelings are neither good or bad.

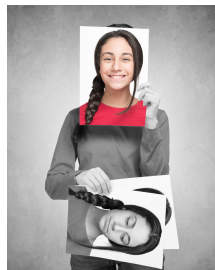
There are some feelings we may not like and that is OK. All feelings are important and we need them all.

2

Feelings come and go. They shrink and expand.

Feelings can change from moment to moment. All feelings change and they come and go. If you are feeling a strong feeling, remember, most of the time, it will shrink or go away or change to another feeling.

Feelings can be like learning to surf. Instead of feeling overwhelmed by the wave of feelings, you surf the wave until the feeling decreases.



Feelings Facts

3

Feelings are information.
Feelings are not directives or commands.

Feelings give us information about ourselves, other people and our relationships. We don't have to react to our feelings.

- For example, just because I am angry, that does not mean I need to yell.
- Or just because I am sad does not mean that a situation is horrible or my life is horrible. It's just a feeling that is giving me information.

Knowing our feelings helps us know how to take care of ourselves.

- For example, if I feel sad, I may need to cry or talk to someone.
- Or if I feel happy, I may want to share that with my friend.



Feelings Facts

Knowing our feelings and other people's feelings help us communicate and be in relationships, like family, friends and other types of relationships.

- For example, if I know my friend likes certain music, I may play that music.
- Or if I know my mom is stressed, I might give her a hug.
- Or if I know my friend is sad, I might talk to her about why she is upset.



Knowing our feelings can help us understand what may be happening around us, at school, home and other places.

- For example, if I feel scared there may be danger or I may need help from someone else.
- If I feel stressed, I may be sensing something happening, like an argument or disagreement.



Feelings Facts

4

Feelings sometimes show up in our body.

- Feelings sometimes show up as a sensation in our body.
- Some examples are:
 - Sometimes stress or fear can make our muscles tense.
 - Sometimes anger can give us a headache or stomach ache.
 - Feeling nervous might make our heart or stomach flutter.
 - Everyone experiences feelings differently in their bodies.



Feelings Facts

5

Feelings are not easy!

- Feelings are sometimes unclear or confusing.
- Feelings are sometimes intense and uncomfortable.
- Feelings sometimes overshadow what is happening in a situation.
- Sometimes we need help talking about our feelings so we know what we need.
- Sometimes we need time alone to figure out our feelings.



Feelings Facts

6

We all need to learn skills to help us with our feelings.

- Learning to recognize your feelings helps you know what you need.
- Learning about your feelings and others can help you in friendships and with your family.
- Learning to tolerate feelings helps them "move on."
- You can handle all your feelings.

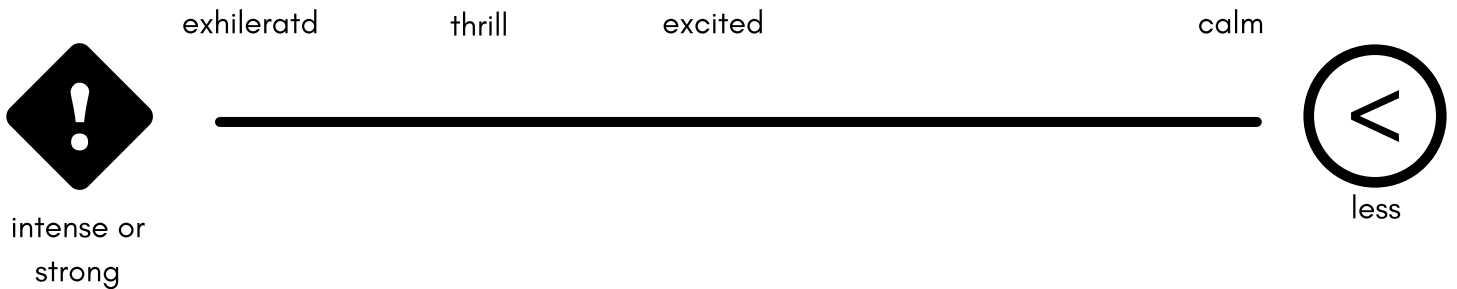


Feelings Facts

7

Feelings are on a range of intensity or on a spectrum.

- Imagine each feeling on a range of intensity, going from very intense or strong to barely noticeable.



- For example, imagine the feeling of excited on a range. The most intense feeling is exhilarated, then thrilled, then excited and the least is calm. The least intense feeling is calm. What feeling might fit between excited and calm?

Feelings Facts

Feelings are on a range

- Another example is using feeling of angry. Rage is on the most intense part of the range and grumpy is on the least intense part of the range. Anger is in the middle. What other feelings could be on this range?

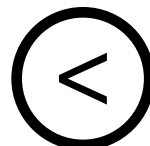


intense or
strong

rage

anger

grumpy



less

Feelings Facts

8

Feelings get more intense around age 10,

- Around age 10, our brain and body begin a time of growing rapidly.
- We also begin to have an increase in hormones in our bodies.
- This is called puberty.
- All people feel their feelings more intensely when they are around age 10 until we become adults (around age 21).

