

LET'S TALK ABOUT YOUR FEELINGS

In order to effectively manage our emotions, there are a few things that are important for use to understand and accept.

Feelings can come in combinations.

You don't always experience one feeling at a time. You can experience two or more feelings at once and they may fall on opposite ends of the spectrum of emotion.

An example I have of this is

Feelings don't just disappear.

Feelings don't just go away when we ignore them. Not only do they stick around, they find different ways to show up.

An example I have of this is

Feelings can lead to use of alcohol and other drugs.

If you don't learn to accept and express your feelings in safe, healthy and effective ways, you may be tempted to use temporary, risky and potentially damaging drugs to alter your mood.

An example I have of this is

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Others don't "make you" feel a certain way.

The feelings you experience may be influenced by the actions of others, however your feelings belong only to you.

An example I have of this is

Feelings can be hard to understand.

You won't always know how you are truly feeling in the moment. You can also mislabel your emotions (ex. Feel angry when you are really worried).

An example I have of this is

How you think influences how you feel.

Your thoughts and beliefs about your experiences impact the way that you feel about them. If you think positively about a situation you will feel positively, and if you think negatively you are most likely to feel (and behave) negatively.

An example I have of this is
