

Resource 4 (Activity 2)
Out Of Control (1 of 2)

1. Describe a time when you felt 'out of control' of your feelings.

2. What did you think?

3. How did you feel?

4. What did you do?

5. Where did you physically feel any reactions in your body, and what were they like?

Resource 4 (Activity 2) Out Of Control (2 of 2)

6. In the 'Typical Attitudes During Difficult Times' PowerPoint slide, which attitude was most like you? Write your own attitude type if you wish.

7. Read 'Coping Styles' (Resource 5). What was your coping style?

8. Did they work for you?

9. Would you do anything differently if it happened again? Why/why not?

Resource 5 (Activity 2) Coping Styles

What do we do with difficult feelings? Emotions we find difficult can be hard to manage. Here are some ways we deal with them. They are ways of coping but they are not all helpful to us.

Bottling up	Holding the feelings inside us. We may become so pressurised we eventually explode.
Withdrawing	Hiding away. We may become depressed, feel paralysed or helpless.
Acting Out	Being taken over by feelings, often losing control altogether - yelling, being violent.
Suppressing	Locking our feelings away, burying them.
Dumping	Blaming others for the way we feel or handing over responsibility for our feelings to others.
Letting Go	Being aware of how we are feeling and the thoughts behind them helps us to let go.
Expressing	Acknowledging our feelings and letting them out in a safe way.
Reflecting	Accepting our feelings without being overwhelmed by them. Thinking about them, reframing and resolving them.

Resource 6 (Activity 2)

When Feelings Get Out Of Control

These slides are on Powerpoint presentation on the CD provided.

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2 Feelings and Emotions

Activity 2 PowerPoint Presentation

insync
Key Stage 3
Personal Development

When feelings get out of control

In calm times, most people maintain a balance between thoughts and feelings.

When upset with strong feelings, we can be overwhelmed by emotions. We can't think straight. The rational part of our mind becomes flooded.

Feeling	<ul style="list-style-type: none">• THINKING STOPS OR TURNS NEGATIVE• FEELINGS GET EXTREME• BEHAVIOUR GETS OUT OF CONTROL
Thinking	

2

2 Feelings and Emotions

Activity 2 PowerPoint Presentation

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Key Stage 3
Personal Development

Typical attitudes during difficult times - Which is most like you?

The Bulldozer: What I decide is my own business. I will do what I want when I want. I don't care what anyone else thinks. It is my life so get out of my way.

The Ostrich: This is too tough. If I bury my head in the sand, I won't have to deal with it.

The Speed Demon: I don't have time to think. I am racing around and don't have (or take) the time to think at all.

The Thinker: I put on the brakes. I stop and check things out, weigh up what will be best for me and make my decision?