

Resource 19 (Activity 9)

Steps For Working With Emotions

RECOGNISE WHICH EMOTIONS YOU ARE FEELING

How do you really feel?

ACCEPT THAT EMOTIONS ARE NORMAL AND HEALTHY

All emotions are okay. It is normal and healthy to feel anger and sadness, as well as happiness.

UNDERSTAND WHAT CAUSED THE EMOTION

Why are you feeling like this?

What has happened to trigger these feelings?

YOUR EMOTIONS DO NOT DEFINE WHO YOU ARE

Your emotions happen to you temporarily; they are not who you are. For example, you may get angry when you're not allowed to do something you want to do, but that does not mean you are always an angry person.

To show this process, let's consider the example where you have not been invited to a party. Possible responses could be

1. You may feel angry, hurt, left out, rejected, worthless, ignored, lonely...
2. This is completely normal and understandable. It's okay to feel these things, even if they are difficult to accept.
3. It's not nice to feel left out. Maybe you also believe you are not likeable and this event reinforces your own negative opinion of yourself.
4. Being left out in one situation does not automatically mean that you will be left out in all situations. Maybe you are in an environment where people who have a similar outlook on life/interests to you are not available. You may presently be feeling isolated or lonely but you may not feel like this with different people or circumstances.

Resource 20 (Activity 9)

Ending Relationships (1 of 2)

1. Fiona had been going out with John for two months. She arrives at a party to find John snogging another girl. John and Fiona have a row. During the argument John says 'I should have dumped you long ago'.

How do you think John would have felt the next day?

How would Fiona have felt?

What do you think John should have done?

2. Mary was going out with Fred for five weeks. She sent him a text one day which said 'Its over'.

How would Fred have felt about receiving that text?

Do you agree with the way Mary ended the relationship?

Resource 20 (Activity 9)

Ending Relationships (2 of 2)

3. Carol was going with Frank for two weeks, he wanted to end the relationship but he didn't want to tell Carol himself - so he got a group of his friends to shout after Carol as she walked down corridor. 'Hi there, Frank is finished with you.'

How would Carol have felt after hearing the news in this way?

What do you think of the way Frank finished the relationship?

Can you think of other ways young people finish relationships?

Why do some people end relationships in a hurtful way?
