

# Feelings

Look at the words listed below. How many feelings can you define?  
If you're unsure of any, look them up in a dictionary or ask someone you trust.



AMUSED



ANGRY



ASHAMED



COMPETITIVE



CONFUSED



CRANKY



CREATIVE



DEPRESSED



EMBARRASSED



ENTHUSIASTIC



FURIOUS



GOSSIPY



GREEDY



HELPFUL



HELPLESS

# Recognize These?



**INSIGNIFICANT**



**PRESSURED**



**TIMID**



**LOVABLE**



**NERVOUS**



**KIND**



**RESENTFUL**



**SUCCESSFUL**



**INSECURE**



**VULNERABLE**

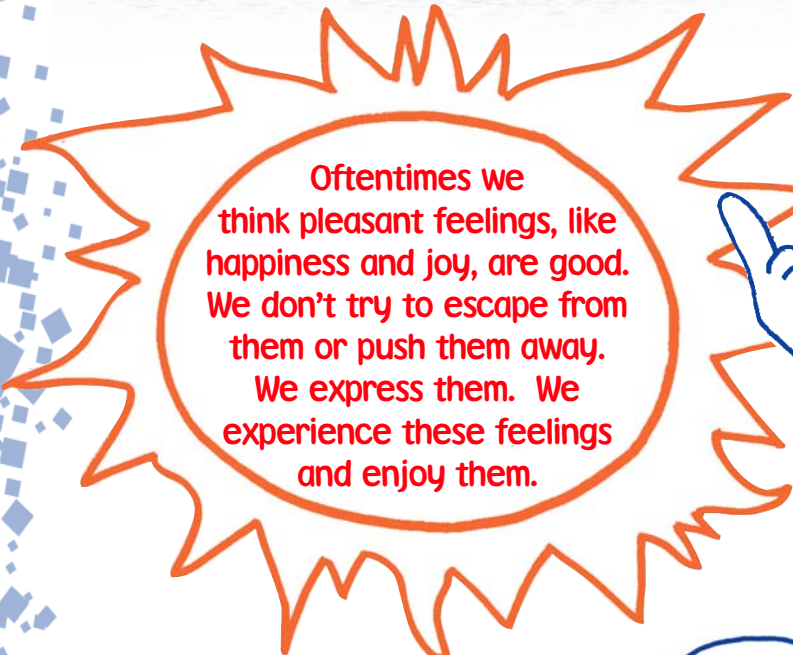


**WORRIED**

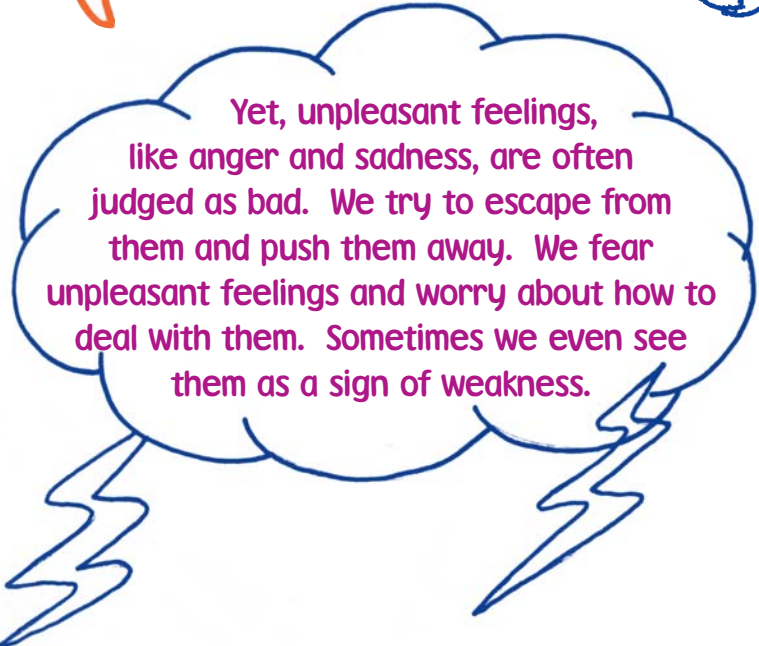


**JEALOUS**

# MORE About Feelings...



Oftentimes we think pleasant feelings, like happiness and joy, are good. We don't try to escape from them or push them away. We express them. We experience these feelings and enjoy them.



Yet, unpleasant feelings, like anger and sadness, are often judged as bad. We try to escape from them and push them away. We fear unpleasant feelings and worry about how to deal with them. Sometimes we even see them as a sign of weakness.

It's important to understand that **ALL feelings — good and bad — help us learn and grow.**

But **ANGER**, in particular, can cause special problems if we don't know how to deal with it appropriately.

# ABOUT ANGER...

Think about a time when you were very angry.  
Name some of the **OTHER** feelings you were experiencing.

Which one(s) did you feel first?

If you think this is a strange question, imagine this:



When you said you wanted to try out for the basketball team, someone you thought was a good friend shouted, “Why bother? You’ll never be able to reach the basket.”

Everybody laughed, and you were shocked and embarrassed - hurt too - because you really thought that person was your friend. — But then before you knew it, those feelings were overtaken by anger.

“Who did he think he was anyway?

What right did he have to say something so mean?”

Because anger is quick and strong, people often don’t realize that **BEFORE** they feel anger, they actually experience other feelings.

These first feelings are called **primary emotions**.

Some examples are fear, disappointment, embarrassment, and shame.

Since anger comes second, it’s called a **secondary emotion**.





To better understand primary and secondary emotions, think about this:

It's Saturday night and you're going to the mall with your friends. Since it closes at 9, your mom gives you a 9:30 curfew. After the mall closes, your friends decide to go to the movies. Each one calls home for permission. You call too, but the line is busy. You decide to go to the movies anyway, and plan to call home from there. But you forget. When you arrive home, your mom yells, "Where have you been? I've been worried sick about you! You were supposed to be home hours ago!"



Before you came home, your mother's primary emotions were worry and fear. She didn't know where you were.....or even if you were okay.

After she saw you, her primary feelings changed to gratitude and relief. But all she shared.....and all you heard.....was her **ANGER!**

How would YOU handle this kind of situation? Would you remain calm or would you yell back at your mom? And what if you were the person being made fun of? What would you do? Would you just stand there or would you walk away? Would you fight or would you see the person later and tell him how his comment made you feel?

Anger is a powerful but perfectly normal emotion we all feel from time to time. But **HOW** we react is critical. Our responses can be **destructive** or **constructive**.

# Examples of DESTRUCTIVE ANGER



## Verbal Abuse:

Yelling, screaming, putting other people down.

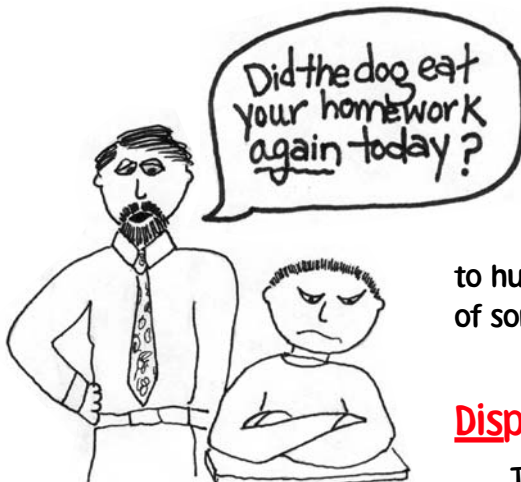
## Physical Violence:

Hitting, kicking, throwing things, slamming doors.



## Temper Tantrums:

Fits of anger that involve making a scene. Tantrums are usually an attempt to get one's own way.



## Sarcasm:

Purposely saying something to hurt, ridicule, or make fun of someone.

## Displacement:

Taking anger out on someone who isn't even involved. Trying to make that person responsible for your bad mood.

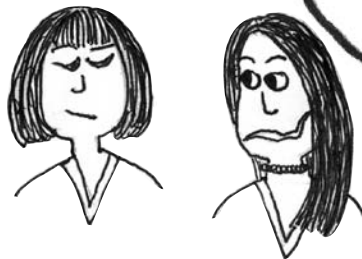
**Examples:** Being angry at your teacher but instead of telling her, saying something mean to a classmate. Or screaming at your sister for using the phone when really you're disappointed your new friend hasn't called yet.

# Other Harmful Ways of Dealing With Anger and Other Unpleasant Feelings

## Projecting:

Not taking responsibility for your feelings by passing them on to someone else.

**Example:** Both you and your friend make the final cuts for the cheerleading team. You're afraid you ultimately won't be selected so you say...



You seem unsure of the new cheer. It's okay if you don't want to go on with the tryouts.

## Denying:

Refusing to let yourself express your feelings.

**Example:** Your dog whom you really love is hit by a car. You're very upset, but tell everyone...



It doesn't matter. He was just a dumb old dog.

## Blocking:

Refusing to FEEL your feelings.

**Examples:** Drinking, using drugs, not eating, or overeating in an attempt to push away or escape from unpleasant feelings.



# CONSTRUCTIVE ANGER

When you're angry,  
remember the THREE C's as the way to....



**be Calm.** It's VERY important not to let anger get the best of you. Take a deep breath, step away from the situation, and give yourself time to calm down. Doing this takes great self-control and maturity. It also will help you go on to....

**be Clear.**

Once you feel calmer, answer the following:

- 1) What were you feeling **BEFORE** the anger set in?  
and
- 2) What is the **REAL** problem?

The clearer your answers, the better you'll be able to communicate. This is the key to handling anger in a way that will....



**be Constructive.** Remember, anger is a normal reaction to difficult or stressful situations. If you handle it positively, it can actually help build up relationships instead of tearing them down.

Being constructive means communicating in a way that shows respect for yourself as well as for others. One way to do this is by using "I" statements. These can help you communicate in a non-threatening way.

An "I" statement looks like this:

**I feel** (add a word that describes your primary feelings....how you felt before you got angry)

**when you** (describe the specific behavior of the person)

**because** (describe the effect of the behavior on you).

**I would like it if** (describe what you need, what you would like changed).

Important  
Point!



My thoughts, feelings, and actions  
are all MY responsibility.  
Any negative results will be mine too  
if I don't handle my anger constructively.



Here are other helpful ways of dealing with anger and other unpleasant feelings:



about your feelings with someone you can trust.



a letter expressing how you feel. Record your thoughts and feelings in a journal. Draw pictures if you wish. Write poetry.



and be alone with your thoughts. It can be helpful to just “sit” and reflect upon your unpleasant feelings for a while.



This can be healing for both men and women. It is a sign of strength — not of weakness.



It is refreshing and helps you release excess tension and energy.



Helping others can help you feel good about yourself too.

# Skill Challenge: Constructive Anger

One of the most important skills in constructive anger is the **“I” statement**. Using the “I” statement for the first time may feel awkward. Hang in there.

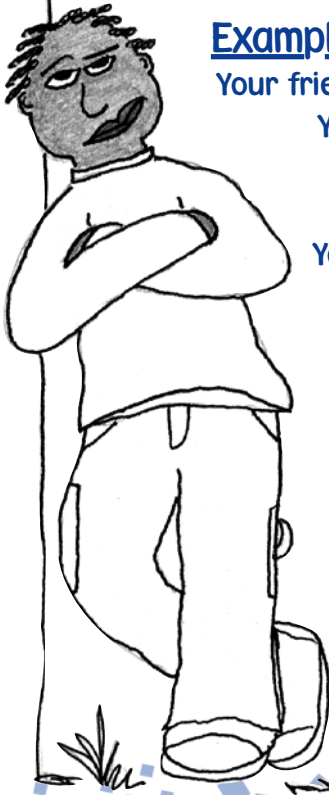
Practicing this skill will help you become more relaxed and competent in handling anger.

(Just think of how much practice it takes to become confident and comfortable with a new drill in soccer, a new scale on the piano, or a new equation in math!)

The format of the “I” statement can help you think clearly about how you **FEEL** and what you **NEED**.

If saying the exact words feels “phony” to you, then use your own words. The important thing is to communicate your needs and feelings in a way that is respectful to the other person.

Read the following situation and develop your own “I” statement. Start by identifying primary emotions — how you probably felt **BEFORE** you got angry.



## Example:

Your friend said she'd meet you at the dance at 7:00 P.M.

You've been waiting outside for 45 minutes.

When she finally shows up she says,

“Hey, are you ready to go in now?”

You are really **ANGRY!**

**I feel** (add a word that clearly describes how you're feeling)

**when you** (state exactly what the person said or did)

**because** (explain the effect that behavior had on you)

**I would like it if** (state what you would like to have changed)



## Here are some other situations to try:

When you get home you discover that your brand new shirt is missing. Then you see your brother wearing it. Not only did he borrow it without asking, there's a ketchup stain all over the front!  
You are steaming **MAD!**

I feel \_\_\_\_\_  
when you \_\_\_\_\_  
because \_\_\_\_\_  
I would like it if \_\_\_\_\_

Your friends agree to go to a party all dressed up. Later, they decide to wear jeans, but forget to call and tell you. You arrive all dressed up.  
You are **FURIOUS!**

I feel \_\_\_\_\_  
when you \_\_\_\_\_  
because \_\_\_\_\_  
I would like it if \_\_\_\_\_

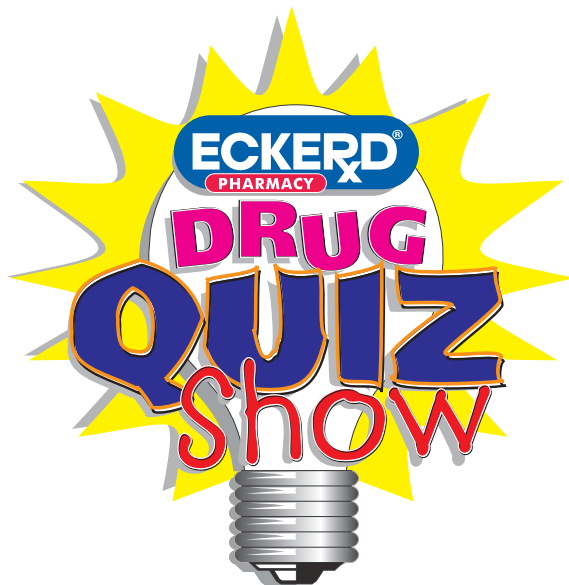
Your friend has been out sick. You loan him your science notebook to help him catch up. He returns it muddy and torn.  
You are really **UPSET!**

I feel \_\_\_\_\_  
when you \_\_\_\_\_  
because \_\_\_\_\_  
I would like it if \_\_\_\_\_

### Bottom Line:

Practicing "I" statements will help you become an expert at using them in real-life situations. And the more you actually use them, the better you'll feel about yourself. Also the more likely it is that things will turn out the way you want.

Promise.



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