

The Feelings Chart

FEELINGS OF:	SOME PROBABLE CAUSES FOR THIS FEELING	WHAT IS THIS FEELING GOOD FOR?	YOUR CHILD MAY BE IN TROUBLE IF HE/SHE:	HOW CAN YOU BE HELPFUL
SILLINESS	<ul style="list-style-type: none"> •stages of "silly" occur at different ages, usually when child's emotional maturity lags a bit behind physical growth •want attention •is tired 	<ul style="list-style-type: none"> •breaks tension and stress •makes play time more enjoyable 	<ul style="list-style-type: none"> •having prolonged fits of "silly" that become hyper-emotional, or hysterical •is inappropriately silly (laughs at others pain) 	<ul style="list-style-type: none"> •be accepting in your recognition of it •provide a gentle calming distraction if it gets out of hand
SHYNESS	<ul style="list-style-type: none"> •child's gentle nature may be misunderstood •In some cases creative or highly intelligent child •overdependent on parent •frequently ridiculed •frequently discouraged from trying 	<ul style="list-style-type: none"> •In some cultures, modesty, which is often mistaken for shyness, is prized 	<ul style="list-style-type: none"> •is uncomfortable to the point of painful shyness 	<ul style="list-style-type: none"> •help child practice making decisions independent of parents •provide opportunities for child to be "good at" something (sports, music, etc.)
GUILT	<ul style="list-style-type: none"> •child shamed repeatedly •thinks he/she is cause of unhappiness (parents illness, divorce financial problem) •has done something that displeases others 	<ul style="list-style-type: none"> •reviewing one's faults while planning new ways to lessen them. 	<ul style="list-style-type: none"> •displays negative or self-destructive behavior; or withdraws into self 	<ul style="list-style-type: none"> •explain unhappy events that involve the child •reassure the child when he/she is not to blame •find a way for child to make reparations for injuries
JEALOUSY ENVY RIVALRY	<ul style="list-style-type: none"> •thinks he/she is not being treated equally (attention praise, gift-giving) •compared unfavorably with others (brothers/sisters or neighborhood children) •given responsibility for care of younger children too often 	<ul style="list-style-type: none"> •a spirit of rivalry built into healthy competition can become self-motivation 	<ul style="list-style-type: none"> •displays prolonged jealousy which may indicate that the child is really "needy" •causes physical and emotional damage to others 	<ul style="list-style-type: none"> •don't compare one child with others (sibs, classmates) •when safe, let children resolve their own quarrels/problems •say "I Love You" to that child frequently •remind the child of his/her worth to you

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FEAR	<ul style="list-style-type: none"> •lack of specific knowledge (unknown) •worries that parent may reject or leave (abandonment) •previous bad experience (school, phobia, painful surgery, trauma) •facing a real danger •perceives harm (dogs, thunder, flying, heights, loud noises, strange/scary people) 	<ul style="list-style-type: none"> •alerts the body to anticipate, cope with danger 	<ul style="list-style-type: none"> •is afraid of nothing or does not exercise reasonable caution •has serious nightmares after the age of 5 •has suppressed or hidden fears 	<ul style="list-style-type: none"> •explain things; turn on the light •promise to defend and protect child •make child generally comfortable and secure •never threaten to leave or abandon the child •never leave the child alone with a fear •enforce safety rules •don't suggest that something will frighten; prepare them for painful events •admit that you are sometimes afraid; show how you calmly deal with fear
SADNESS	<ul style="list-style-type: none"> •feelings of rejection •loss of a pet or close friend •disappointment •losing out on something •unhappy endings in stories and TV programs 	<ul style="list-style-type: none"> •a release from grief or loss •makes happiness more valuable 	<ul style="list-style-type: none"> •is discouraged from expressing sadness •has unrealistic guilty feelings •has periods of feeling blue that might become depression 	<ul style="list-style-type: none"> •help the child express the feeling openly •allow time for the feeling to pass then gently distract with talk or play •show your own sadness and how you handle being sad
ANGER	<ul style="list-style-type: none"> •being treated unfairly (or thinks so) •frustration with a task •lives with people who are angry •has problems at school 	<ul style="list-style-type: none"> •forces you to take action which can remedy a situation 	<ul style="list-style-type: none"> •has frequent temper tantrums after age 4 •has suppressed or hidden fears •is very ill 	<ul style="list-style-type: none"> •talk about the cause and try to remove it (if possible) •teach child to negotiate (take turns) •provide active play or fantasy play •provide release; ways to express anger without hurting self/others •admit your own anger and show child how you deal with it