

WHAT ARE FEELINGS

1. Our reactions/our thought process upon which we react or act to situations surrounding us. *Our feelings are based on how we see (perceive) the situation.*
2. A common ground for relating and communicating with others -- a way to express ourselves.
3. Reactions to the environment around you - (use of 5 senses -- hearing, sight, smell, taste, touch).
4. Signals -- they provide information about our attitudes and clues about how to take care of ourselves.

WHAT DO WE KNOW ABOUT FEELINGS

1. you never have a feeling without a cause; even if the cause appear dumb or false.
2. feelings have a need to be expressed in the HERE and NOW; talk about them in the present. feelings have a way of being expressed through body posture, movements, and appearance.
3. you have a feeling at ANY given moment; you may not be able to identify it, but it is there.
4. feelings are subject to change constantly throughout the day (environment/situation is changing).
5. YOU OWN YOUR OWN FEELINGS; no one can make you feel anything.
6. NO ONE can tell you that your feeling is WRONG.
7. feelings are unique among animals, however, none experience the wide range of daily emotions that humans do and NONE CAN LEARN FROM THEM THE WAY WE CAN IF WE CHOOSE.
8. feelings are a complex source of information which can motivate or shape all our behavior. they are not primitive reactions, but sophisticated signs of intelligence & culture that serve definite purposes.
9. feelings urge us to protect ourselves from danger, allow us enjoyment and love.
10. feelings allow us to understand others through empathy (shared emotions) and compassion.
11. feelings/emotions teaches us our beliefs, desires, values. some, such are humor and grief, cleanse and revitalize our spirits.