

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

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