



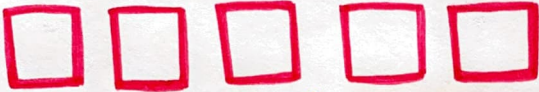
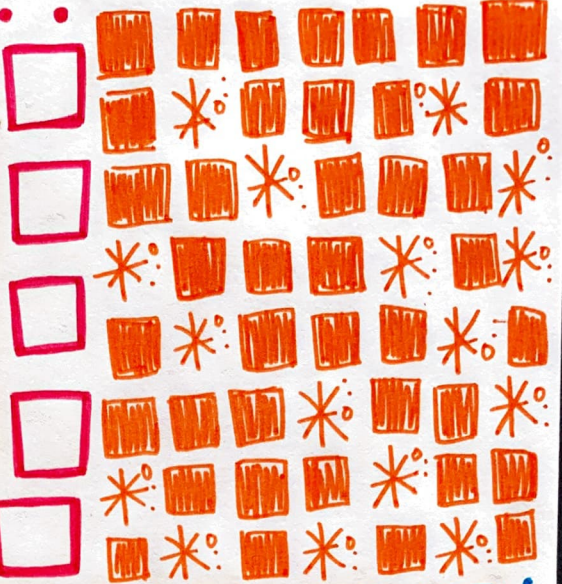
OWNING
it.

a guide to identifying
and speaking emotions

Special thanks to
TRACY WHITE!
by Maranda Loughlin



there are many
Feelings in our
bodies.



my dad likes to say that
every person has their
own chemistry set of
Feelings.

A hand-drawn illustration of chemistry glassware. On the left is a round-bottom flask containing a colorful liquid (green, red, blue, yellow). To its right is a test tube rack holding four test tubes with colored liquids: red, green, yellow, and blue. The background is white with scattered colorful confetti.

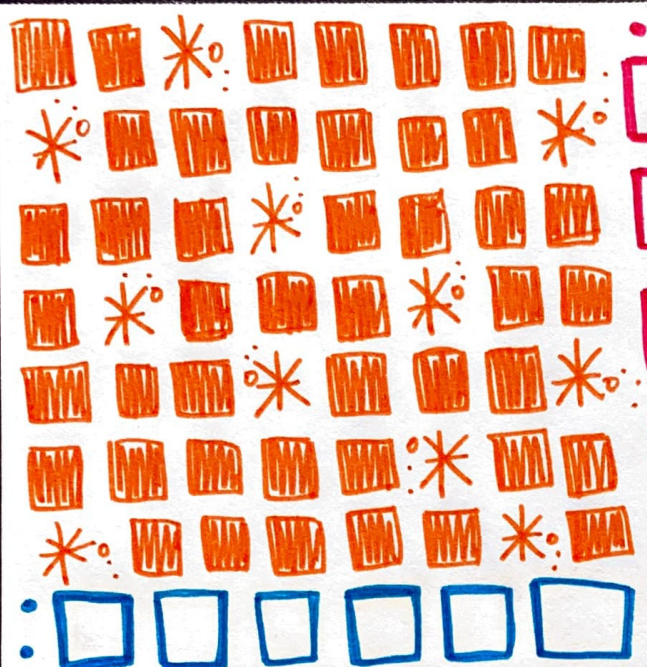
If this is true, then we all are
scientists in our own bodies.

A hand-drawn illustration featuring a magnifying glass with a black handle and a silver frame, focusing on a small area. Next to it is a red notebook with the word "Notes" written on it. The background is white with scattered colorful confetti.

Noticing where we
Feel the Feeling...

And deciding what to
call it...

This scientific process of identifying—
pinpointing the Feeling and giving
it a name...



SELF Awareness

is the first step in creating self awareness.



self awareness is...

"Having a clear understanding of your own thoughts, feelings, abilities, and desires."



developing self awareness skills...



gives us the gift

of

seeing

ourselves,



And knowing what we want to Achieve in Life...

When you look at your chemistry set, what Feeling do you Feel?

This identifying is A Practice...



enraged
 Frustrated
 FURIOUS
 shocked
 nervous
 LIVID
 Frightened
 restless
 Apprehensive
 worried
 fuming
 Annoyed
 peeved
 troubled
 uneasy
 repulsed

M
 O
 O
 D
 M
 T
 e
 T
 e
 R

Hopeful
 Brave
 Elated
 hyper
 pumped!
 cheerful
 PROUD
 Thrilled
 optimistic
 Blissful
 Focused
 energized
 Happy
 Joyful
 trusted
 CONFIDENT

Bored
 Down
 Loneliness
 mortified
 depressed
 disgusted
 Drained
 G L V M
 Ashamed
 alienated
 Tired
 embarrassed
 Alone
 T M D
 excluded
 hopeless

included
 grateful
 chill
 humble
 C A L M
 open-minded
 LOVED
 relaxed
 comfy
 mellow
 content
 Peaceful
 care-free
 comfortable
 restful
 secure

<<pleasantness>>

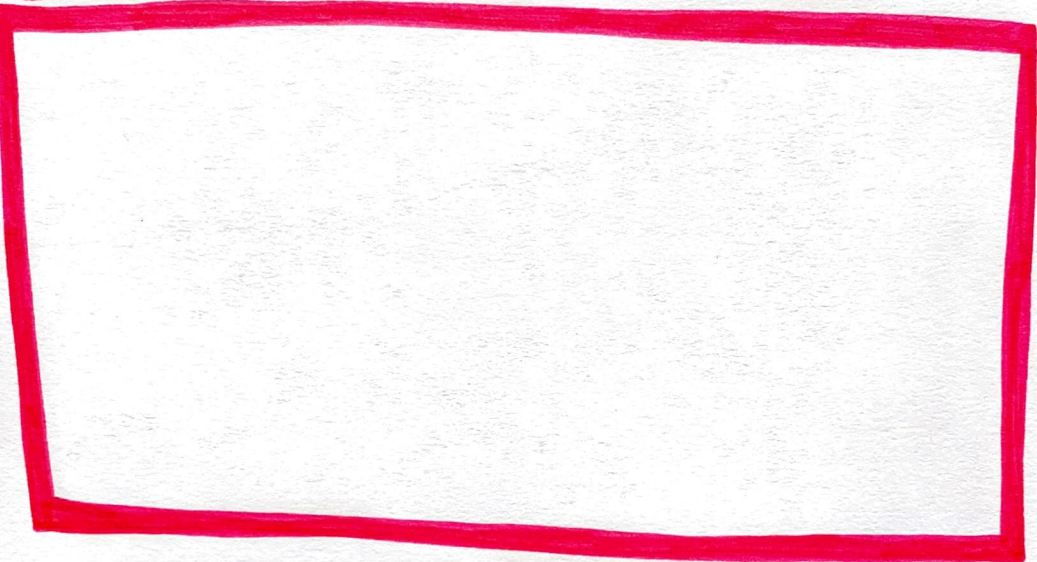
<<energy>>

Here's how you can start.

ask yourself:
"what feeling is
this?"

I Feel

:



Then draw where you feel it.



And then if you
Feel compelled to,
write about it.

Here are a few notes & tips...

Take 5
deep & long
breaths.

Accept your
emotions without
judging them...

I always ask
the students to own
their emotions. OWN
IT... My job is not to change
it, but to get them to identify
what it is they are feeling...
to identify + articulate.

- Tracy White, Civic Nebraska



what are your tips? -M