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.

if this is true, then we all are scientists in our own bodies.
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...
"Having a clear understanding of your own thoughts, feelings, abilities, and desires."

Developing self-awareness skills...

Self awareness is the first step in creating self awareness.

Self awareness is...

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...
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 hips?