



Naming and Accepting Emotions

When we tune into our feelings, we are better able to talk about them and to figure out what we need (or don't need). Feelings are signals from our body that help us to understand what is happening for us.

Recognizing feelings is called emotional awareness. There are no good or bad emotions, although some can feel more comfortable for us than others. We all have a range of feelings, sometimes even feeling more than one at the same time.

If my feelings could talk...

Happiness might be telling me...

- I'm feeling good about something I accomplished
- I'm feeling safe and secure
- I'm enjoying what I'm doing — I'm having fun

Fear might be telling me...

- This situation is new
- I don't know what is going to happen next
- Something is scary

Anger might be telling me...

- I'm feeling trapped
- A situation has become unhealthy
- Something has happened unexpectedly

Loneliness might be telling me...

- I may need to reach out or play with friends
- I'm not feeling included in a situation
- I might be in a new situation

Surprise might be telling me...

- Something has shocked me
- Something has exited me
- Something has suddenly gotten my attention.

Take time to notice and name your emotions and share them with others. Accept that feelings will come and go and reach out to talk with others about them when needed. For ideas on how to reach out to others, [click here](#).