

Talking about your emotions.

It is good to be able to talk about how you feel. There are two reasons for this. One is that it can be good fun. The other is that people can help you with your emotions.



Step 1: Know the Language.

How many emotions can you think of? Below is a list of some common ones:

- **Love and Hate**
- **Jealousy**
- **Sad and Happy**
- **Bored and Excited**
- **Worried and Relaxed**
- **Shy and Sociable**
- **Angry and Calm**





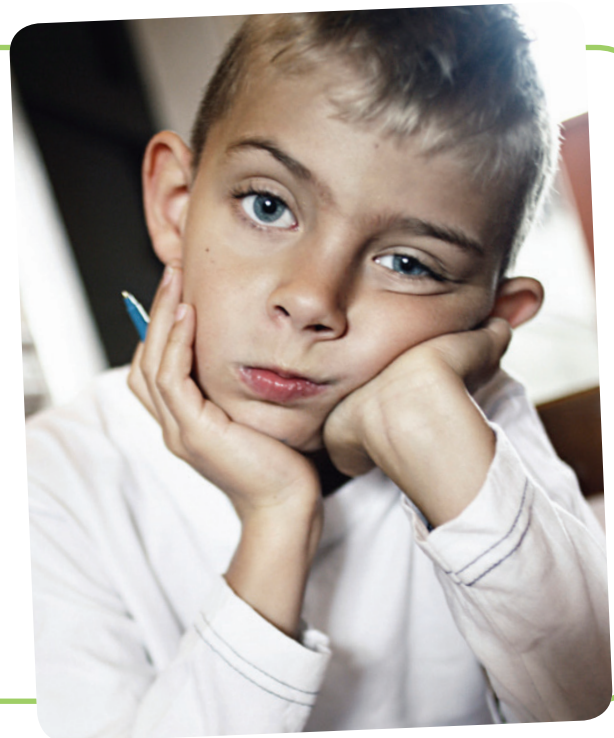
What use is such a list?

It means you can talk to other people about your emotions. For instance, if you say “I’m feeling really bored” then maybe the person you’re talking to can help.

Tip: Choose who you talk to about your emotions carefully. If you choose the right person then it can be really good.

In session.

- What would you say to a friend who says to you that they can’t see the point in getting up in the morning?
- What would you say to someone who tells you they’re feeling really sad?
- Why do most men have a lot of trouble talking about their emotions?



Project.

- Practice putting names to your emotions.
- Practice talking to other people about your emotions – try out different people.
- Practice listening to others talking about their emotions.

Mythbuster.

Men shouldn’t talk about their emotions. **Not true.**

It’s good to talk about your emotions if you want to.