Session FOUR in review

Emotions

Being able to "read" other people's emotions can help us to understand what they may be thinking and feeling.

Non-verbal cues provide a lot of information about emotions, but we need to consider the verbal cues and if they match the non-verbal cues.

We can show our emotions through non-verbal and verbal channels.

Emotions/feelings
- guilt, anger, sadness

Non-verbal
- gestures, aggressive stance, facial expressions, frown, laugh, cry

Verbal
- What we say - "I'm upset"
- "That's so unfair"

Ways we can recognise emotions

Physical reactions

<table>
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<th>ones we can see</th>
<th>ones that the person might be feeling inside</th>
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<tr>
<td>flustered, flushed, sweating</td>
<td>heart racing/pounding, butterflies, tense muscles</td>
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The way we feel and react in situations will depend on what we are thinking.

Our emotions are influenced by our thoughts or interpretations of the event or interaction.

If we change the way we think about an interaction we can change our feelings and how we respond in that interaction.
**Session 5**

**Thoughts in relationships**

**Think → Feel → Do**

Event → Thought → Feeling → Action

When an event happens to us, it is our thoughts and interpretations of that event, and not the event itself, that leads us to feel certain emotions and act in particular ways.

**Activity**

1. Read the scenario that you have been given.

2. Nominate a group recorder. Generate a range of possible initial thoughts that a person might have when confronted with this situation. **Group recorder to note responses on scenario sheet.** You will be asked to report back to the whole class later.

3. Swap scenario sheets with another group that has a different scenario. Your group is now acting as the Thought Police for the new scenario you have been given. On your sheet fill in the three blank headings as shown below.

<table>
<thead>
<tr>
<th>Thoughts</th>
<th>Feelings</th>
<th>Actions</th>
<th>Consequences</th>
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4. Now you will need to identify in each column:
   - how a person would be feeling for each different thought
   - what they would do if they had that thought (actions)
   - what further consequences might occur from that reaction.

5. After you have listed the consequences of each thought, now decide which thoughts are helpful and which need to be replaced with more helpful ones. Note these next to each thought on the sheet. **REMEMBER YOU NEED TO BE FIRM BUT FAIR POLICE.**

6. You may wish to add other helpful thoughts to the list.

7. Join with the other group whose scenario you have and now report back to them on what you predicted would happen as a result of each thought and which thoughts were helpful and unhelpful.

The term 'Big Brother' was coined by George Orwell in his novel ‘Nineteen Eighty-Four’ that was published in 1949 to predict what might happen in the world in the then distant year of 1984. He wrote about a state in which Big Brother watched everyone and the Thought Police could almost read your mind so they knew what everyone was thinking and doing so they could be controlled. But our own Thought Police can do a good job if they look out for unhelpful thoughts that make you feel bad and act in unhelpful ways, and reprogram them to more helpful thoughts.
Changing the way you think can really improve how you deal with challenges.