

INSIDE OUT

NELP

6 PRIMARY EMOTIONS

JOY DISGUST FEAR SADNESS ANGER



& SHOCK

LESSONS

1. How anger tips your lid over
2. Each and every emotion has an important function for survival
3. As we grow our dashboards grow
4. How emotions work together
5. Importance of active listening
6. Importance of expressing your emotions



QUESTIONS

1. What are your "Islands of Personalities"?
2. What are your core memories?
3. What is your predominant emotion?
4. Who's in charge of your dashboard right now?
5. What is the purpose of each emotion?
6. How do we express the emotions we are feeling?
7. How can we recognize the emotion someone else is feeling?
8. What emotional regulation strategies do you use?



EMOTIONAL STRATEGIES

JOY

1. Do something nice for someone
2. Compliment/thank a loved one
3. Gratitude journal

SAD

1. Talk to a friend/family
2. Watch a funny movie
3. Write about how you feel

ANGRY

1. Walk away
2. Do something you enjoy
3. Consider why you're angry

FEAR

1. Think about positive outcomes
2. Role play
3. Change your focus

DISGUST

1. Think before you speak
2. Consider the other's perspective
3. Consider the source of your disgust

SHOCK

1. Breathe
2. Practice mindfulness
3. Explore the reason for your reaction