

# YOU AND Feelings

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Feelings are meant for *feeling*,  
Despite what you might think.  
Feelings are not right or wrong,  
And they never ever stink!



You don't have to agree with feelings  
To give them what they need.  
Pay attention when people share them,  
And let them take the lead.

*I'm so sorry.  
Do you want to talk?*





Afraid, Anxious,  
Frightened, Nervous,  
Scared, Uncertain,  
Worried



Brave, Confident,  
Courageous, Determined,  
Secure, Strong



Embarrassed,  
Ashamed, Awkward,  
Humiliated, Sheepish



Happy, Encouraged,  
Cheerful, Glad,  
Excited, Joyful,  
Playful



Mad, Angry,  
Annoyed, Furious,  
Frustrated, Hurt,  
Irritated



Sad, Discouraged,  
Downhearted,  
Gloomy, Unhappy

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## FACTS ABOUT FEELINGS

- Feelings are not right or wrong; feelings are simply how one feels.
- Feelings are for feeling, not for fixing.
- Big feelings need to be handled in a healthy and respectful way.
- It is usually helpful to talk through your feelings.
- An important step in handling feelings in a healthy way is to validate them – acknowledge and value the feelings rather than avoiding, minimizing, or spiritualizing them.

Questions to promote further discussion  
about feelings and how to handle them:

*You and Feelings* is an empowering story with catchy rhymes that the whole family will enjoy! Rosie, a smart little girl, handles feelings in a healthy way, while her friend Douglas, a goofy dinosaur, struggles with feelings and often reacts in ways that are hurtful to others.

*Can Rosie help Douglas learn a better way?*

Join them on this fun-filled adventure to find out.



*If you fell down and skinned your knee,  
It might make you want to shout!  
You'd be foolish to cover it up  
Before first washing it out.*

*The same is true for feelings:  
They must not be ignored.  
The first step is to feel them...  
That can bring a great reward.*



**Wholehearted Living Inc.** is a non-profit organization dedicated to improving mental, physical, and spiritual health by helping people build relationships that *thrive!*

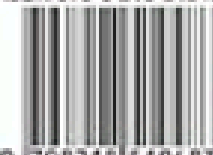
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