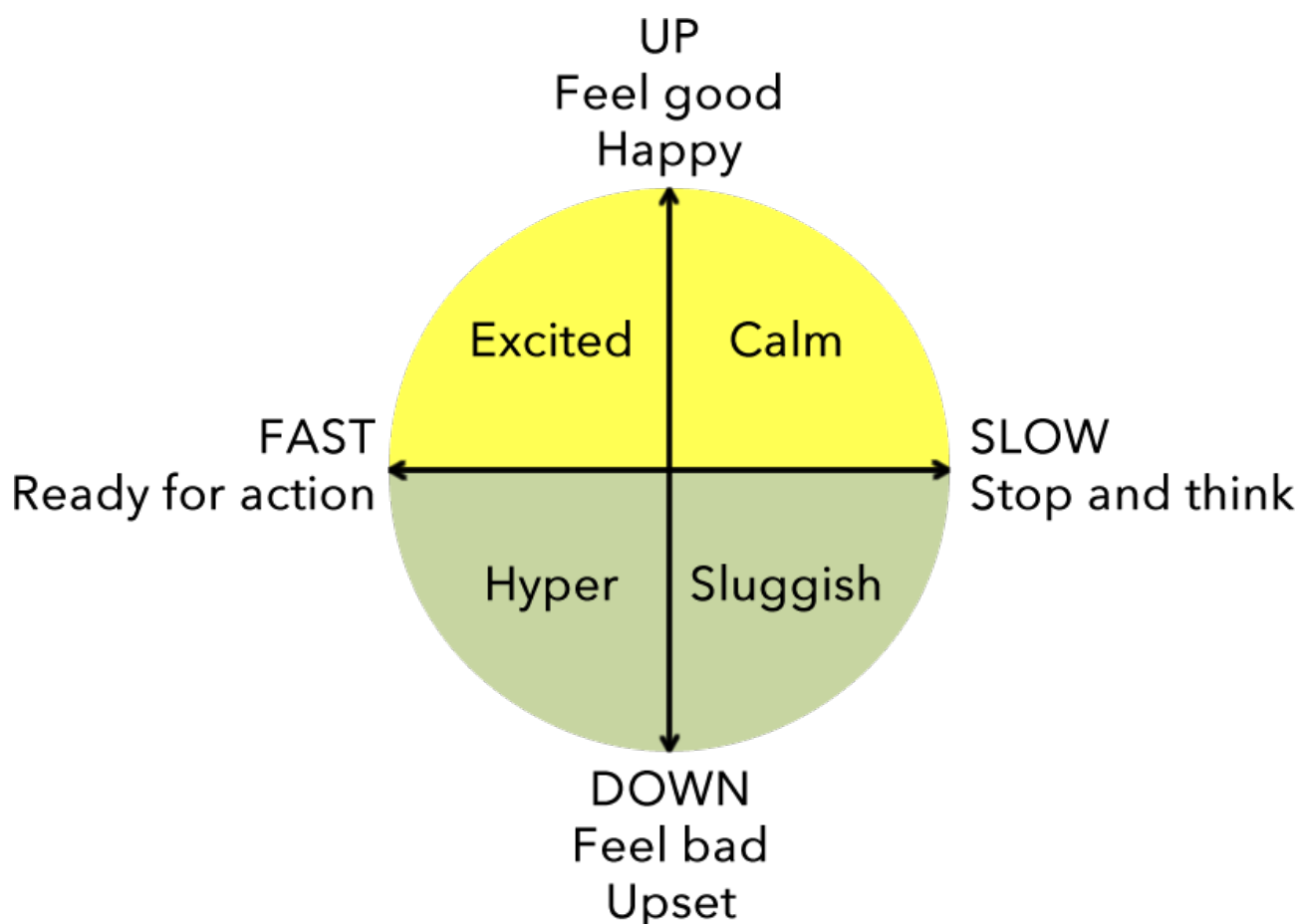


Do you ever think about your emotions? I wonder how well you understand them?

They can be confusing. Some emotions feel quite like each other, such as angry and annoyed, while others are very different, like bored and excited. It's good to be able to tell our emotions apart and know how we feel, because this helps us be more in control of ourselves. This app helps you learn how to do this.

Every emotion starts with things we feel in our bodies that tell us what is going on for us. They can feel good or feel bad. We call these "*sensations*." These make us do something, and if it's a bad feeling it makes us do something to get back to feeling ok, like a rumbling tummy means we need to eat.

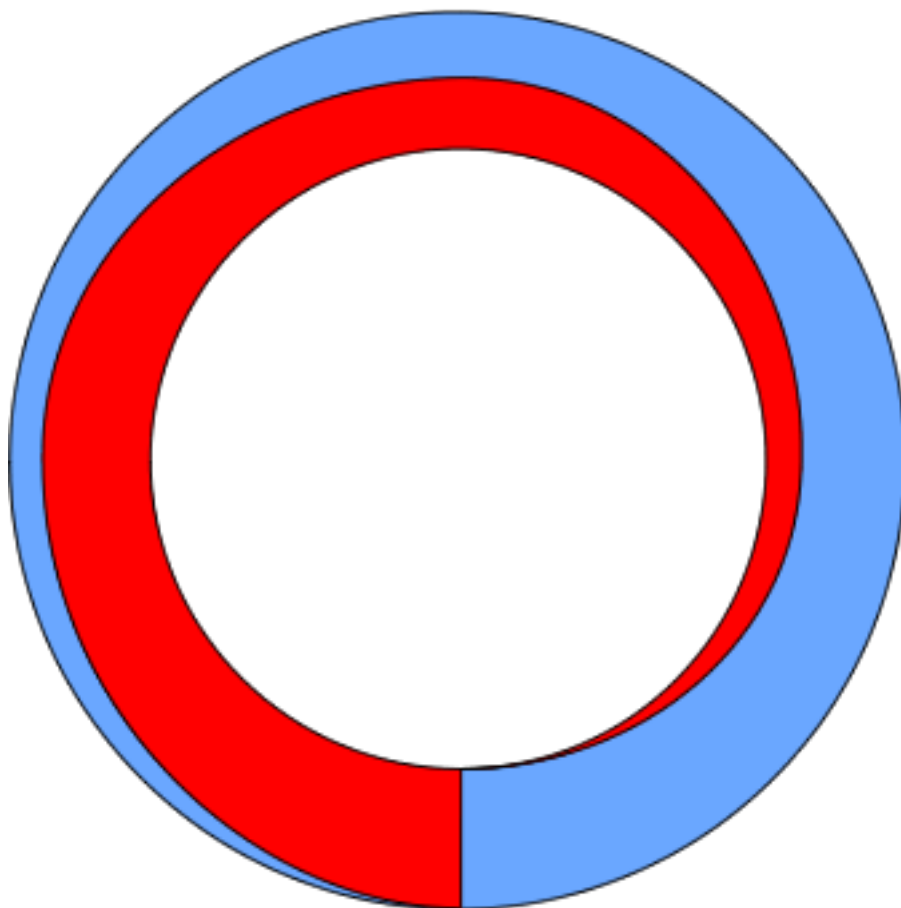
Some of our sensations signal *feelings*. For example, we might jump up and down when we're excited because of a brilliant birthday present. Sensations can be very comfortable and pleasant, like the sun on our back or nasty and unpleasant, like a tummy ache. Sensations can also go from being exciting, full of energy and *fast*, like when we are running, to calming and *slow*, like when we are still and doing something quiet.



Pleasure makes us want to keep doing the same thing. Pain makes us avoid or stop what is causing the pain. Fast feelings make us ready for action, slow feelings make us stop and think. We can work out where we are on the two lines in the picture above and see which quarter we are in.

An emotion is *how our brain makes sense of these sensations*. For example, fear is our brain saying that our fast beating heart means we are in danger. Feeling calm is our brain saying we are safe

We are going to show you a picture that sorts emotions a bit more. Look at the ring below. It's made up of two spirals of different shades. In this example, there is a hot and cold spiral. The spirals work as a pair. Each goes from very small amount at one end to completely taking over at the other end. A nice bath is when the hot and cold water are mixed, which is shown in the top half of the ring. Some of us like our bath a bit cooler and some a bit hotter, so we find the mix of hot and cold that feels right for us. We call that good mix *balance*. See how the extreme mix at the bottom of each spiral are impossible for a bath because they are either boiling or freezing.



Most good things are somewhere in the middle between too much and too little of the thing. For example, feeling proud is good unless we get *too* pleased with ourselves and take over, or we think too little of ourselves and give up.

Stand up and spread your feet to get comfy. How steady does that feel? Put your feet together, now raise one foot, bending your knee fully. How does that feel? Lastly, Return to the first position. Why is it easier to be steady in this position? You are balanced!

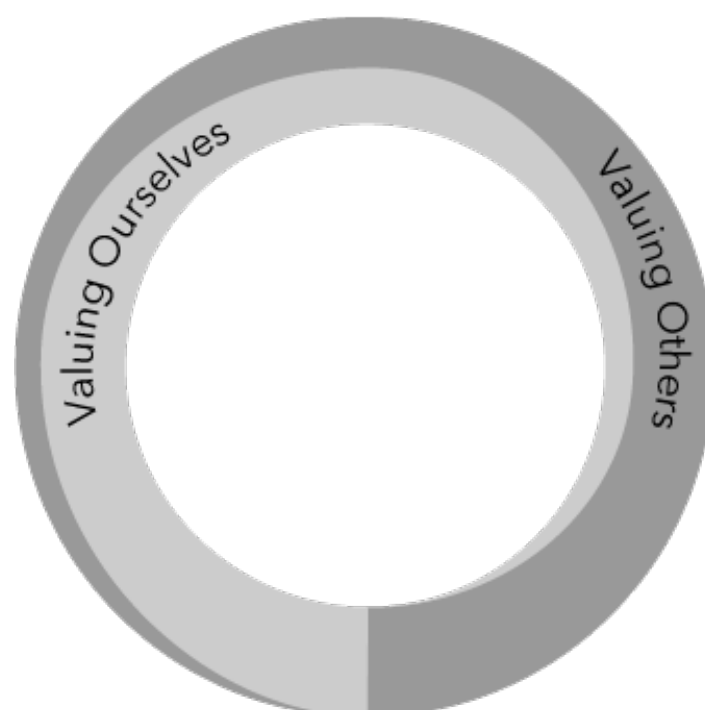
We can use the spirals to help us think about how we balance our **preferences**. Think of different foods and drinks, we all prefer some things to others. Coke or Fanta? Fruit or veg? The things we usually choose are our preferences.

There are two preferences we make all the time but hardly ever think about. They are important because whichever we choose leads to the emotions we feel. The Ring below shows these preferences on the spirals, they are:

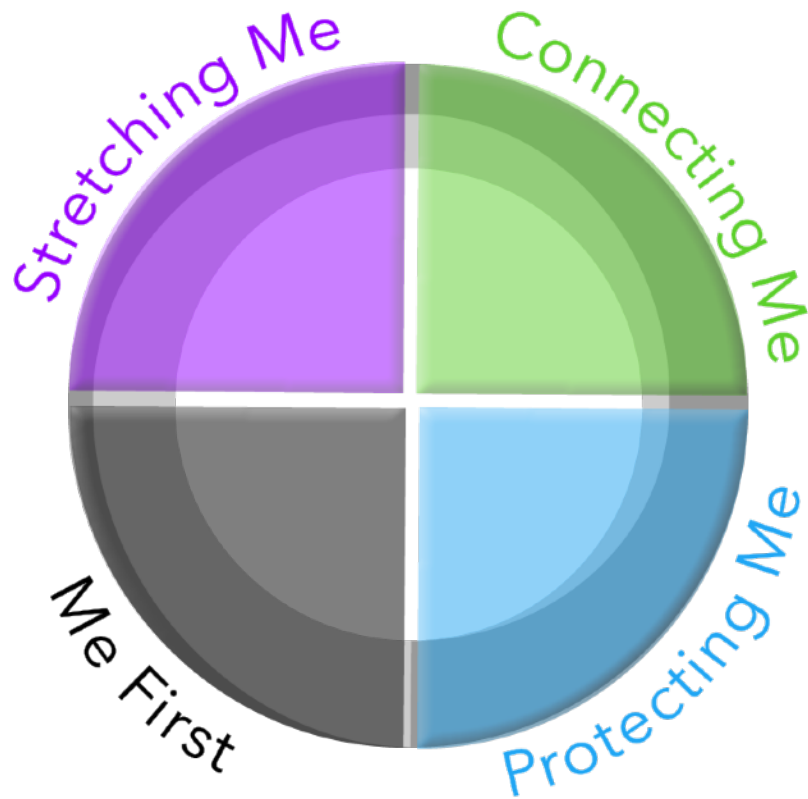
**Valuing ourselves** - making sure we get what we want and need.

**Valuing others** -making sure we think about and respect what other people want and need.

If we can balance valuing ourselves and valuing others, by feeling neither more nor less important than other people, we will feel good.



The ring made from these preferences splits into 4 parts or quadrants, each having its own job to do:



**Stretching Me** - valuing myself through my achievements.

**Connecting Me** - valuing other people and doing things with them or for them

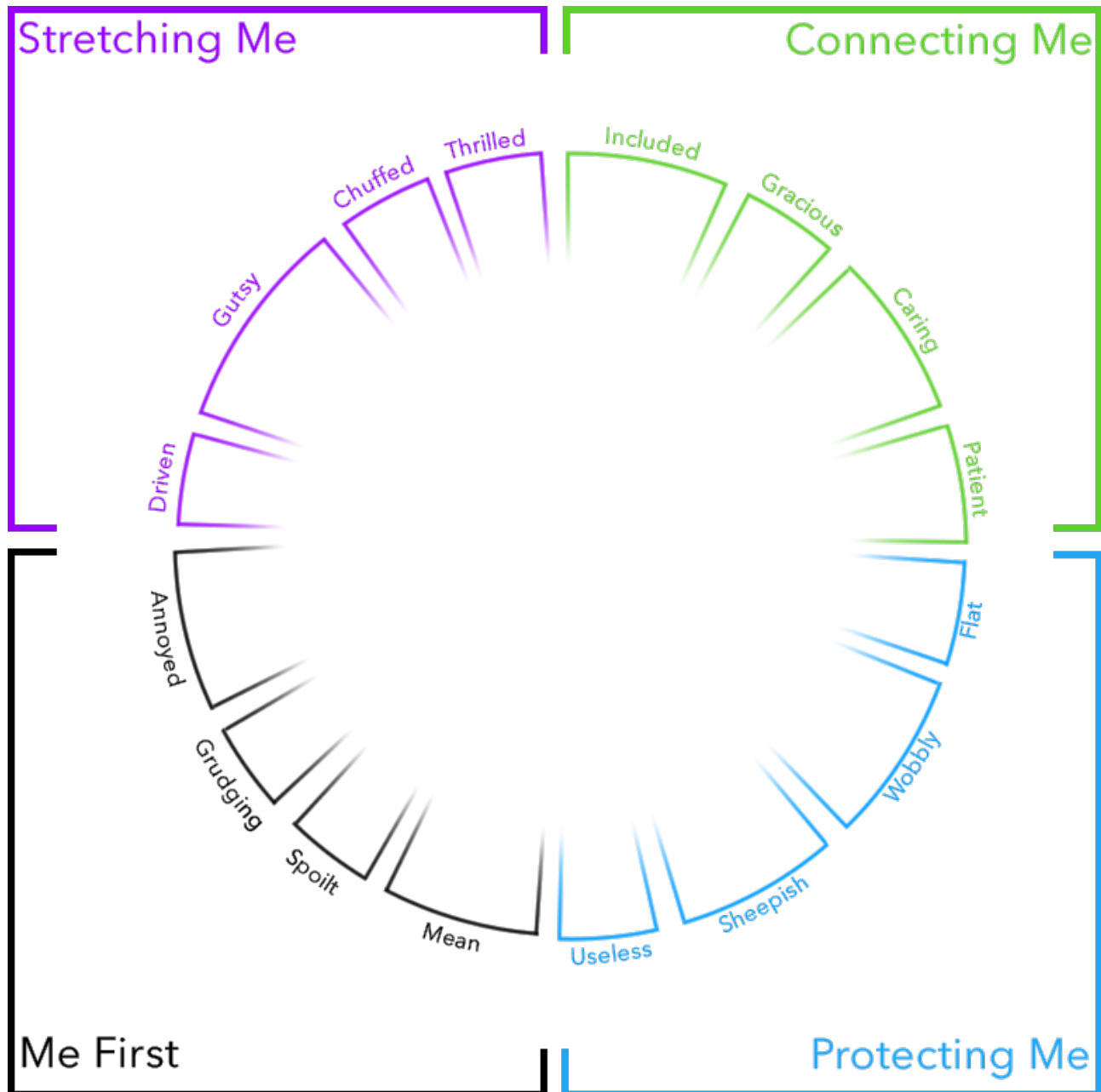
**Me first** - thinking I am more important than others, and being unfair to them

**Protecting Me** - thinking I am not as important as others, giving in to them and giving up on myself.

This app shows 40 emotions, with ten in each of the 4 quadrants. This big picture helps us work out the emotions we feel by sorting them into the job they do for us. It shows the difference between positive and negative emotions. Read on to learn more about 20 ways to feel good and 20 ways to feel bad...

# Emotion Zones

We can split each quadrant into 4 zones, or families of emotions that do a similar job.



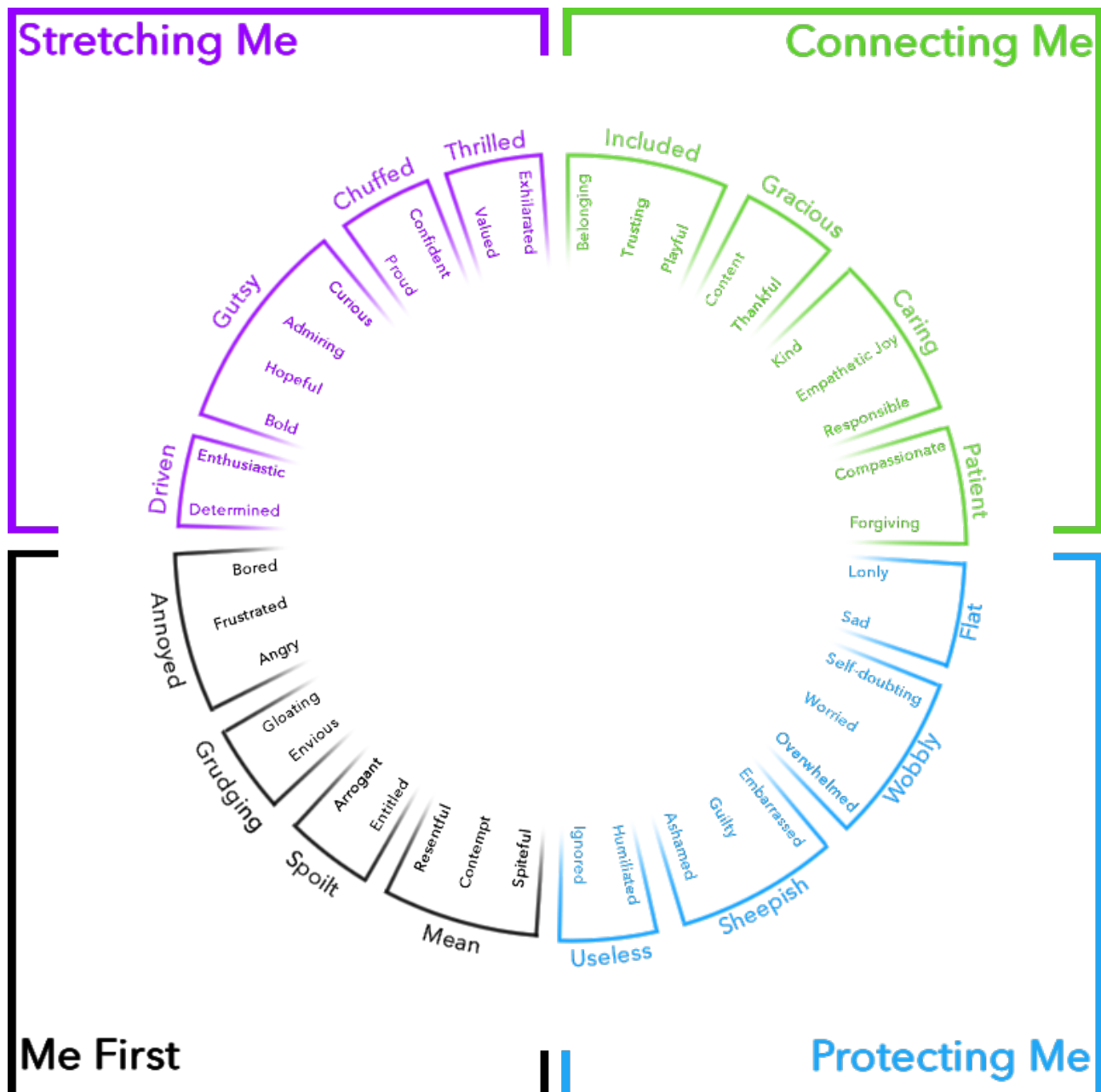
## Positive Zones

Stretching Me	
Thrilled	<ul style="list-style-type: none"><li>➤ I have found what matters to me.</li></ul>
Chuffed	<ul style="list-style-type: none"><li>➤ I believe in myself and try my best.</li></ul>
Gutsy	<ul style="list-style-type: none"><li>➤ I grab my chances to do well.</li></ul>
Driven	<ul style="list-style-type: none"><li>➤ I keep going with a clear goal.</li></ul>
Connecting Me	
Included	<ul style="list-style-type: none"><li>➤ I fit in well.</li></ul>
Gracious	<ul style="list-style-type: none"><li>➤ I enjoy being part of something bigger than me.</li></ul>
Caring	<ul style="list-style-type: none"><li>➤ I am kind to others.</li></ul>
Patient	<ul style="list-style-type: none"><li>➤ I put up with people's annoyance, anger or distress.</li></ul>

# Negative Zones

Me First
Annoyed <ul style="list-style-type: none"><li>➤ I want to do something about what is blocking me.</li></ul>
Grudging <ul style="list-style-type: none"><li>➤ I'm not happy others are doing better than me.</li></ul>
Spoilt <ul style="list-style-type: none"><li>➤ I enjoy being more important than others.</li></ul>
Mean <ul style="list-style-type: none"><li>➤ I make myself feel better by putting others down.</li></ul>
Protecting Me
Flat <ul style="list-style-type: none"><li>➤ I need to comfort me.</li></ul>
Wobbly <ul style="list-style-type: none"><li>➤ I am unsure of myself and feel like giving up.</li></ul>
Sheepish <ul style="list-style-type: none"><li>➤ I am worried I'm doing the wrong thing.</li></ul>
Useless <ul style="list-style-type: none"><li>➤ I worry about what is wrong with me.</li></ul>

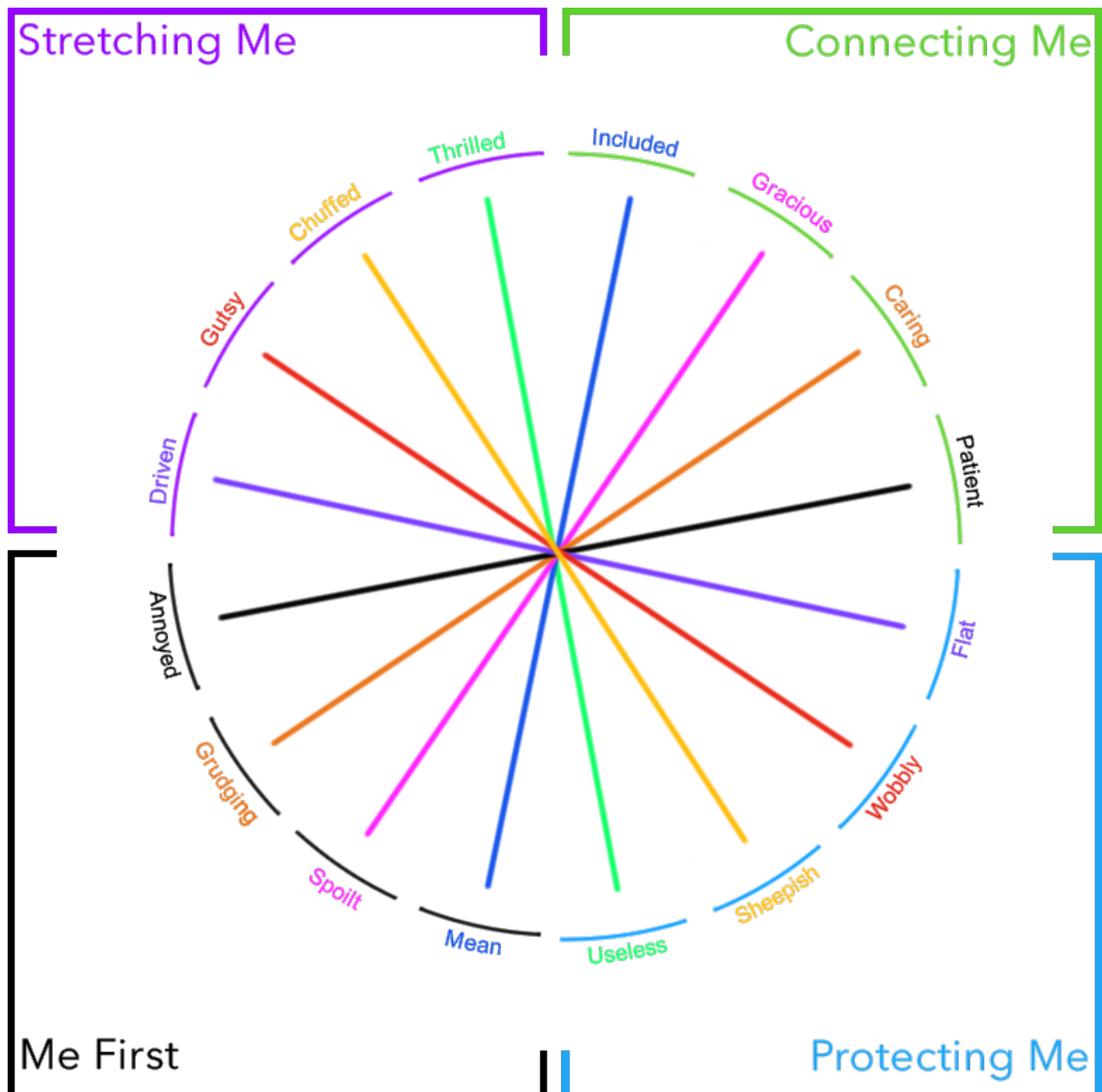
Have a look around the zones and the emotions within them. The zones that stand out for you, because you often feel those emotions, give you ways to describe what you are like. *Happiness* comes from all our positive emotions put together. The more often we feel emotions from the top zones, the happier we will be.





# Emotion Highs and Lows

The emotion zones form eight pairs of opposites around the ring. One end shows positive emotions and the other negative emotions. The pairs are joined by lines. We can put where we are on these lines to help explain to others how we feel.



We get a special value if the positive side in a pair is stronger than the negative side. These special values are listed below.

Self-Worth Dimensions		
thrilled	Fulfilment	Useless
chuffed	Status	Sheepish
gutsy	Ambition	wobbly
driven	Determination	Flat
included	Security	Mean
caring	Kindness	Grudging
gracious	Gratitude	Spoilt
patient	Acceptance	Annoyed