

What Is This Module About?

How do you feel today? Are you happy? Like most people, you sometimes feel happy but there are also times when you feel sad. How we feel is important because this helps us assess situations and make decisions too. For example, if you got a perfect score in an exam, how would you feel? Would you celebrate? If your pet dog died, how would you feel? When something nice happens, we usually feel happy. If something bad or terrible happens, we feel angry, sad or frustrated. These feelings and emotions can then affect our behavior.

There are times when we find ourselves in uncomfortable situations such as during an argument or a job interview. Everybody experiences negative feelings such as anger, anxiety, frustration and loneliness as a result of these situations. None of us would like to be in these situations. What can you do to help yourself get over these uncomfortable feelings?

Dealing with your own feelings can help you become more aware of yourself as well as become more pleasant in dealing with other people. Feeling good can help you establish good relationships with others.

In this module, you will learn how to identify negative feelings and the situations that cause them. It will also guide you in discovering different ways to manage negative feelings.

This module is divided into two lessons:

Lesson 1 – *Why We Have Negative Feelings*

Lesson 2 – *Personalize Your Coping Strategies*

You do not need special skills to be able to complete this module. All you need is a pen, a little time and the willingness to learn.

By the end of this module, you should have a fresh and positive outlook toward yourself and your life. You will also acquire new skills which can make your life more pleasant.



What Will You Learn From This Module?

After studying this module, you should be able to:

- ◆ define what negative feelings are;
- ◆ describe situations that cause negative feelings;
- ◆ identify personal experiences that have something to do with negative feelings;
- ◆ identify different coping strategies; and
- ◆ select and apply coping strategies that will help you cope with negative feelings.



Let's See What You Already Know

Before you start studying this module, take this simple test first to find out how much you already know about the topics in this module.

Read the sentences below and choose the best answer from the choices provided by encircling the letter of your choice.

1. A negative feeling is _____.
 - a. not the opposite of a positive feeling
 - b. only caused by conflict
 - c. an emotion of discomfort
 - d. only experienced by some people
2. Which of the following is a basic negative feeling?
 - a. irritation
 - b. anger
 - c. anxiety
 - d. loneliness
3. Which of the following causes negative feelings?
 - a. conflicts
 - b. daily life events
 - c. problems
 - d. all of the above

4. Maria just graduated from grade school. She is having difficulty deciding whether to go to high school or not. On the one hand, she would like to stay home and help her mother but on the other she would like to get an education. She cannot do both. What is this an example of?
 - a. trauma
 - b. bereavement
 - c. conflict
 - d. guilt
5. Negative feelings must be dealt with because _____.
 - a. we could not live otherwise
 - b. they are a threat to our sanity
 - c. we should never have to experience them
 - d. we cannot appreciate good feelings if we harbor such feelings
6. What is the difference between problem-focused and emotion-focused coping?
 - a. The first focuses on the source of the negative feelings while the other focuses on the negative feelings themselves
 - b. the first uses aggression while the other does not
 - c. they see the source of the problem differently
 - d. there is no difference
7. Praying is an example of a _____ coping strategy?
 - a. problem-focused
 - b. emotion-focused
 - c. positive
 - d. negative
8. Finding a new job immediately after losing your old job is a _____ coping strategy. What coping strategy are you using?
 - a. problem-focused
 - b. emotion-focused
 - c. anxiety-focused
 - d. thought-focused
9. Which of the following is not a coping resource?
 - a. going to the movies
 - b. going out with friends
 - c. spending more time at work
 - d. becoming depressed

10. Joan was very anxious about her pregnancy because she is scared of giving birth. What would be the best way for her to cope?
- a. taking a vacation
 - b. relaxing
 - c. fighting with her husband
 - d. exercising

Well, how was it? Do you think you fared well? Compare your answers with those in the *Answer Key* on page 28 to find out.

If all your answers are correct, very good. This shows that you already know much about the topics in this module. You may still study the module to review what you already know. Who knows, you might learn a few more new things as well.

If you got a low score, don't feel bad. It means that this module is for you. It will help you understand some important concepts that you can apply in your daily life. If you study this module carefully, you will learn the answers to all the items in the test and a lot more! Are you ready?

You may go to the next page to begin Lesson 1.

Why We Have Negative Feelings

Human beings are very lucky because they can experience different kinds of feelings. These feelings give “color” to their lives and make them unique. When we are happy, everything seems beautiful. But there are times when our feelings can make the world seem dull and even cruel.

Now, it would help if we know the causes of our negative feelings so we can avoid them. It is important for us to be able to manage negative feelings otherwise we would not be able to appreciate the beautiful things in life. We cannot appreciate good feelings when we are feeling down.

In this lesson, you will find out what situations cause negative feelings and what a negative feeling is. Are you ready?



Let's Try This

- Classify the following feelings as either positive or negative in the space provided before each word.

_____	frustration	<input type="checkbox"/>
_____	depression	<input type="checkbox"/>
_____	happiness	<input type="checkbox"/>
_____	fear	<input type="checkbox"/>
_____	pride	<input type="checkbox"/>
_____	joy	<input type="checkbox"/>
_____	anger	<input type="checkbox"/>
_____	worry	<input type="checkbox"/>
_____	grief	<input type="checkbox"/>
_____	excitement	<input type="checkbox"/>
_____	regret	<input type="checkbox"/>
_____	surprise	<input type="checkbox"/>
_____	helplessness	<input type="checkbox"/>
_____	shame	<input type="checkbox"/>
_____	interest	<input type="checkbox"/>

2. Among the feelings you classified as negative, write reasons why you think they are negative.

3. Then put check marks in the boxes on their right if you have experienced these feelings before.

To check your answers for the first question, turn to the *Answer Key* on pages 28 and 29. Your answers to questions 2 and 3 may vary because these are subjective questions.



Let's Think About This

How did you deal with the negative feelings that you checked for question number 3 in the previous activity? Can you remember what caused you to have these negative feelings? Would you like to learn better ways of dealing with negative feelings in the future? Read on and find out.



Let's Learn

A negative feeling occurs when something bad happens. It could be any feeling that simply causes personal discomfort, unpleasantness or distress. Negative feelings are known as “not nice” or “bad” feelings. Examples of these include irritation, loneliness, jealousy, anger and depression.

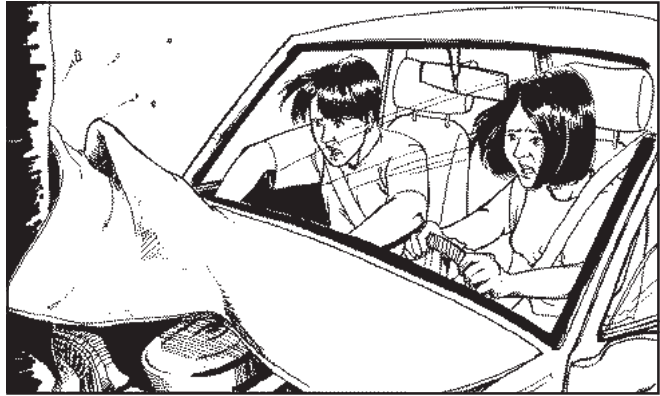
These feelings can be caused by many factors. Each person is unique. We all have different lifestyles, environments and ways of responding to things that happen to us. We differ in our feelings and emotions. But we all go through tough times when we feel “bad.”

It is important to look at the context or situation that is happening at the time a negative feeling is experienced to know its source or cause. In general, the causes of negative feelings can be grouped into six categories. Look at each category in detail on the next page.

Trauma — a sudden event that shatters your sense of safety

Examples: car accidents, hold-ups, public humiliation

You may experience negative feelings such as fear, shame, depression, helplessness and frustration because of trauma.



Conflict — making difficult choices or disagreeing with others

Examples: giving up your studies because you have to work, arguing with friends because of differences in opinion

You may feel anger, regret, irritation, frustration and anxiety because of conflicts.



Life events — uncontrollable things that happen which can change a person's life

Examples: imprisonment, losing your job, breaking up with your boyfriend/girlfriend, illnesses such as cancer

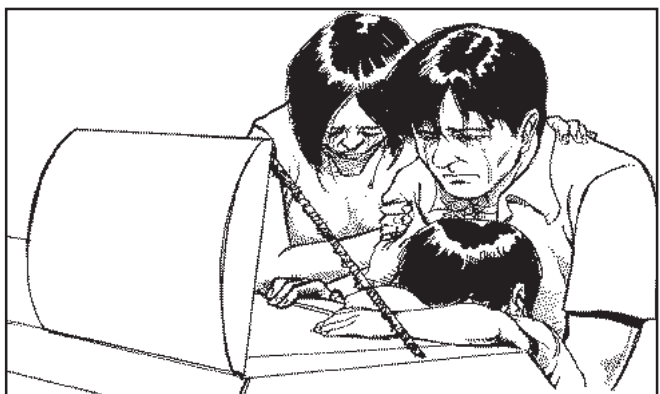
You may feel anger, fear, frustration and depression because of these.



Bereavement — losing a loved one

Example: death, migration

You may feel grief, loneliness, disbelief and depression because of these.



Continuing problems — problems that happen again and again

Examples: fighting with family members or your boss, discrimination, living in a dangerous environment, not liking your job

You may feel fear, frustration, anger and helplessness because of these.



Daily annoyances — minor problems that cause annoyances or irritation

Examples: traffic, doing your daily chores, having your electricity cut off, not having water, bad weather

You may feel irritation, frustration and anger because of these.



Notice that almost anything can provoke negative feelings. Problems can arise anytime. Can you relate your experiences to some of these examples?

It is important to understand how we feel at all times. This way, we are always ready to cope with them. **Coping strategies** are ways which help us handle or face our problems. For example, a person who feels unhappy may watch a movie. Others may choose to just stay home and rest. People cope with problems differently. Knowing how we feel can allow us to use the most effective strategies.



Let's Think About This

Try to recall the times you experienced the negative feelings you checked in *Let's Try This* on page 6. What were some of the causes of these negative feelings? Quickly jot down your answers on the lines below.



Let's Learn

The negative feelings people feel are quite similar to each other. This is because we have the so-called “base” or “basic” feelings from where all other feelings are derived. For example: worry and anxiousness both come from the basic feeling of fear.

In this module we shall cover three basic feelings, namely:

Anger — a violent and strong displeasure as a result of opposition or maltreatment. Derived feelings: jealousy, hatred and disgust

Fear — a feeling of anxiety caused by the presence of danger, evil or pain, anxious feelings, dread or uneasiness about something. Derived feelings: anxiety, worry and depression

Frustration — felt when you are kept from doing or achieving something; defeated efforts, hopes or plans. Derived feelings: irritation, regret and helplessness



Let's Review

1. a. Think of the last time you felt angry. What was happening in your life at that time?

-
- b. What other negative feelings did you also experience?

-
-
- c. What was the cause of your anger?

2. a. Think of the last time you felt afraid. What was happening in your life at that time?

- b. What other negative feelings did you also experience?

- c. What was the cause of your fear?

3. a. Think of the last time you felt frustrated. What was happening in your life at that time?

- b. What other negative feelings did you also experience?

- c. What was the cause of your frustration?

Of course, all your answers are correct because they are your personal experiences. Be sure to check that the causes match with the definitions given in the lesson though.



Let's View This

Watch the video supplement of this module entitled, “When the Going Gets Tough . . .” The video is divided into two parts. After the first part of the video you will be asked to analyze what you have just seen by answering some questions.

If you do not have access to a video cassette player or VCD player, a copy of the script is found in the *Appendix* on pages 38 to 44. Just read part 1 of the video script and analyze its contents.

Now, play the tape/VCD.

Have you finished watching the first part of the video? Then answer the following questions.

1. What are Marco's negative feelings?

2. What are their causes?

3. What is Marco's basic feeling?

4. What do you think should Marco do to cope with his negative feelings?

Compare your answers with those in the *Answer Key* on page 29. Did you get all the correct answers? After checking your answers, continue reading the module.



Let's See What You Have Learned

Imagine you are a policeman/policewoman. You and your partner are chasing thieves who also have guns. In the chase, your partner was shot by one of the thieves. You did not catch the thieves and you brought your partner to the hospital. Unfortunately, your partner died at the hospital.

Answer the following questions briefly.

1. What negative feelings are you likely to experience?

2. Underline words or phrases that may have caused these feelings in the given passage.
3. Check the boxes of possible causes of your negative feelings in this case.

- ☐ traumas
- ☐ conflicts
- ☐ life events
- ☐ bereavement
- ☐ continuing problems
- ☐ daily hassles

Compare your answers with those in the *Answer Key* on page 29. If you have similar answers, you have done a good job of understanding the lesson. If your answers are different, don't worry. Go over the parts of the lesson that you did not fully understand. You'll do better the second time round.



Let's Remember

- ◆ **Negative feelings** are uncomfortable, unpleasant or personally distressing feelings.
- ◆ Negative feelings can be caused by traumas, conflicts, life events, bereavement, continuing problems or daily hassles.
- ◆ Everyone undergoes negative feelings sometimes.
- ◆ Negative feelings can come from three basic feelings—anger, fear and frustration.

Personalize Your Coping Strategies

Recall your activity about the policeman/policewoman who witnessed the killing of his/her partner. It must be awful to go through an experience like that—dealing with all three basic negative feelings at the same time. How well do you think you could deal with something like that? What if you don't have any idea what to do about that, what would happen then?

This part of the module will teach you how to look at your situation in order to overcome your negative feelings. It will also allow you to look at yourself and help you decide how to deal with your feelings. You will learn about the two types of ways of coping.

This lesson will tell you the difference between the two types of coping strategies as well as give you examples on how to cope with negative feelings. Shall we get started?



Let's Learn

Being able to cope means successfully removing negative feelings. **Coping** refers to what you “think” and “do” to manage the uncomfortable feelings you experience. These are the ways that help you deal with your negative feelings.

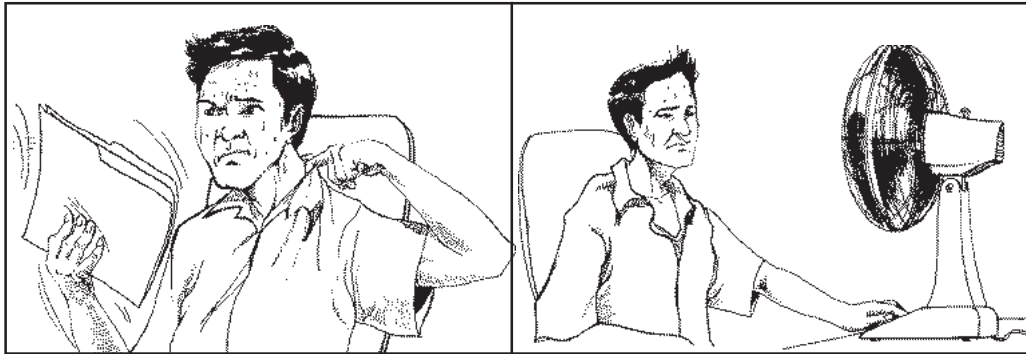
Different people have different ways of coping with negative feelings. These, of course, depend upon the seriousness of your problem. In general, the strategies or ways of coping can be grouped into two major kinds: **problem-focused** and **emotion-focused**. Both use distinctly different strategies but they have the same result, that is, being able to cope effectively with negative feelings.

Problem-focused Coping—refers to responses aimed at reducing or removing the sources of negative feelings, the problems. Whenever we are in situations that lead to having negative feelings, our first reaction is to make the feeling stop. We react as human beings in one of two ways. We either avoid the problem or do everything to address it.

Examples:

1. Traffic angers you and so you take a different route to avoid traffic.

2. Feeling hot makes you very irritable so you turn on the electric fan to cool down.



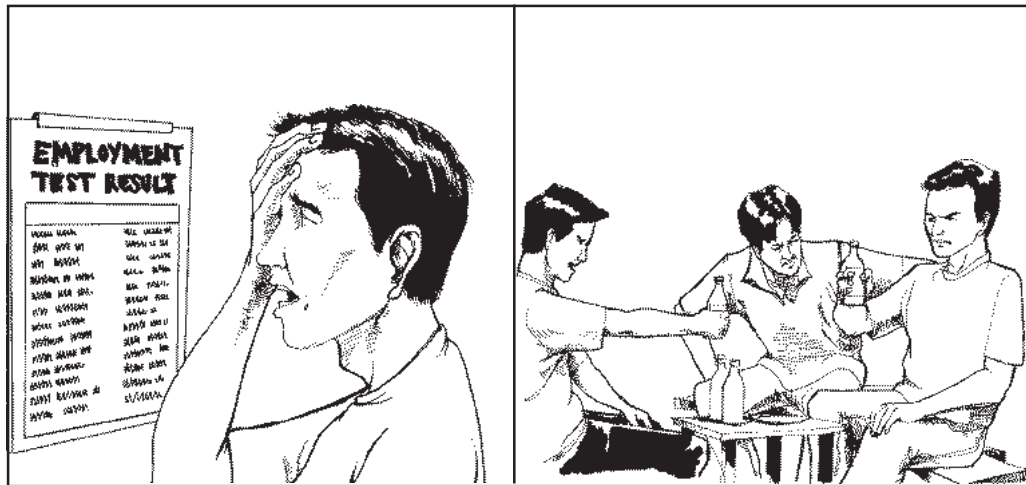
3. You had an argument with your friend and you feel sorry so you go and make up with him/her.
4. Your TV got busted and you are frustrated because you will not be able to watch your favorite programs so buy another TV.
5. You live in a dangerous area and you constantly worry for your safety so you decide to move to a new and safer area.

Emotion-focused Coping—responses aimed at reducing the emotional distress caused by problems. In this strategy, we put emphasis on the bad feelings that result from unfavorable situations. We do other things to lessen the amount or intensity of the negative feelings we are experiencing.

Examples:

1. Your wallet was stolen and you know that you'll never get it back so you go out with friends to cheer you up.
2. Your beloved mother died and you know you can't bring her back so you pray to God to help you cope with your grief.
3. You cannot afford to quit your job even if you hate it so you exercise a lot to relieve yourself of your frustrations and negative feelings.
4. You were asked to perform in front of a large group of people and you're very nervous so you do some breathing exercises to feel relaxed and calm.
5. A car accident traumatized you so you consulted a doctor and he gave you some medication to help you relax and to reduce your feelings of fear.

6. You didn't get the job you applied for because you did badly in the aptitude and screening tests so you make yourself feel better by eating your favorite food and doing the things you enjoy most.



To review, problem-focused strategies are used when you wish to “fight” and we stop the source or cause a bad feeling. An example of an emotional-focused strategy is when we look for ways to calm ourselves down, make the negative feelings less uncomfortable or turn them into positive feelings. Simple, isn't it?

You might ask, but which one do I use? This will depend on the situation. We will discuss the guidelines later on. For now, see if you have mastered the difference between the two orientations by doing the following activity.



Let's Try This

Indicate whether each coping strategy belongs to the problem-focused orientation by writing **PF** or the emotion-focused orientation by writing **EF** in the blank.

- _____ 1. Finding another job immediately after losing your job
- _____ 2. Praying a lot
- _____ 3. Exercising more than usual
- _____ 4. Asking others to help you make friends with your rivals or enemies
- _____ 5. Socializing more when feeling sad
- _____ 6. Spending more leisure time

Compare your answers with those in the *Answer Key* on page 30. I'm sure you did very well but if you made mistakes, the explanations in the *Answer Key* will help you better understand the lesson.



Let's Think About This

Think of other creative ways to manage stress and write them down in the space provided below.

Are they more problem-focused or emotion-focused? Which ones have you tried doing before?

Keep these strategies in mind because they will help you in doing your assignment.

Let's move on to the more important questions of when to use which orientation or strategy for your problem. Are you ready?



Let's Learn

When faced with negative feelings, you often ask yourself, "What do I do now?" Well, maybe these guidelines will help you decide:

1. First of all, you should identify the negative feeling/s you are experiencing.
 - ◆ Saying, "This is how I feel!" gives you a sense of ownership on your feelings. This indicates taking responsibility and helps you act for your own good.
2. Secondly, assess the situation or look closely at what is going on at that time then identify the source of your negative feelings.
 - ◆ Remember the six possible causes of negative feeling discussed in Lesson 1. You may go back and review them if you like.

3. Then ask yourself if it is possible to address the source of the problem. Sometimes this is easy to do, therefore, it is best to use problem-focused strategies.
 - ◆ For example, if you do not like the way the conversation is going between you and a group of people, you simply excuse yourself.
 - ◆ If the situation you are in is uncomfortable, for example, being in a very crowded restaurant, leaving or going somewhere else effectively removes you from that situation.
4. Generally, it is advisable to use problem-focused strategies first than emotion-focused ones. But there are times when this is not possible.
 - ◆ For example, someone close to you just died. You are grieving and feeling very unhappy. You know for a fact that a person cannot come back to life anymore. In this case, it is better to focus your attention toward reducing your feeling of unhappiness by keeping yourself busy with something else.
 - ◆ The strategy that should be used is emotion-focused because you aim to reduce the feeling or lessen its intensity.

Look at the example on the next page on how these guidelines can be used. This will help serve as your guide in dealing with your own situations.

Roland was waiting for a jeep when he was robbed. He did not even notice that his wallet had been stolen until after the thief had gone.

First, he admitted to himself that he was angry because he lost his wallet and had no more money. He was angry that he did not even notice he was being robbed. He was angry because he was not able to do anything about it. He was angry because he had to walk home instead. He was experiencing these negative feelings and understood that they affected him negatively.

Second, he knew that the cause of his anger was the fact that his wallet was stolen. His problem can be categorized as a daily annoyance.

Third, he considered looking for the thief. He remembered what the man looked like and to what direction he went. So he went to look for the thief but after some time decided it was hopeless.

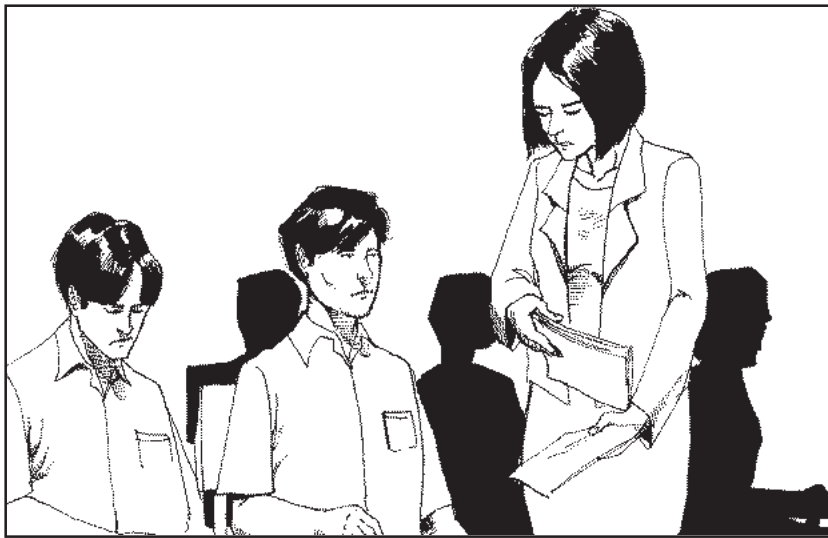
Fourth, he then had to calm himself down because anger would not do him any good. He then decided to use emotion-focused coping strategies. He played basketball to release his anger. After the game, he felt calm and can then deal with the loss of his wallet better.

Here's a quick reminder of the guidelines:

- ◆ Know what negative feelings you are experiencing.
- ◆ Find the cause or the problem.
- ◆ See first if the cause can be directly addressed—use problem-focused strategies.
- ◆ If the problem is difficult or impossible to solve, use emotion-focused coping strategies.



Let's Review



Imagine that you are in the same boat as our friend Manny. He is taking the NFE A&E exam in order to acquire a secondary education certificate. He really wants to pass and studied really hard. On the day of the test, he was so nervous. He was so scared that he will not remember anything. He tried to relax by taking deep breaths. In the end he was able to take the test.

Answer the following questions briefly.

1. His nervousness is a negative feeling derived from what basic feeling?

2. What is the source or the cause of his nervousness?

3. Under what orientation (problem-focused or emotion-focused) does the strategy deep breathing belong?

4. Why do you think Manny chose this strategy over another method?

Compare your answers with those in the *Answer Key* on page 30. Did you get all the correct answers? If yes, very good! You can already decide whether a particular strategy is appropriate for a situation. If not, review the test.



Let's Think About This

If you were in Manny's place, would you have done the same thing? Are there some other methods you could have used to manage your feeling of nervousness? Write down three possible alternative methods you would have used to reduce your nervousness before the NFE A&E examination?

Remember that you are different from Manny. You have other available resources. This is also true for other people. For example, some people can afford to go shopping whenever they feel sad or frustrated. However, not everybody can do that. You have to make do with what you have most of the time, as long as you know how to make use of those properly. If you want to learn more about resources, read on.



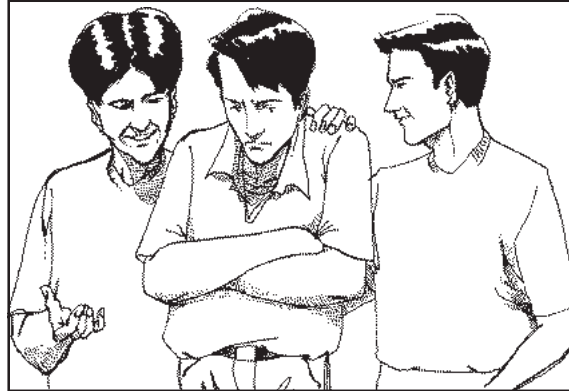
Let's Learn

You may be wondering what we mean by **resource**. A **resource** is basically what you have at present that can help you cope with your problems. This varies from person to person depending on one's lifestyle.

Manny regularly does breathing exercises as an athlete. We can say that his being an athlete is a resource because his athletic skills can help him cope with his negative feelings.

The resources a person can use in coping with negative feelings can be classified into:

- ◆ *Friends* — they can help you solve your problems or can support you emotionally.



Manny could have asked some friends to come with him to the testing center. They could have provided him with some encouragement by saying, “Good luck, you can do it!” or tell jokes to make him relax.

- ◆ *Environment* — some environments may provide comfort. Some surroundings can make us feel secure whenever we feel bad. A change of environment may be good for someone who has a problem. Spending some time in the province where the surroundings are peaceful, for example, can help you cope with your problems.

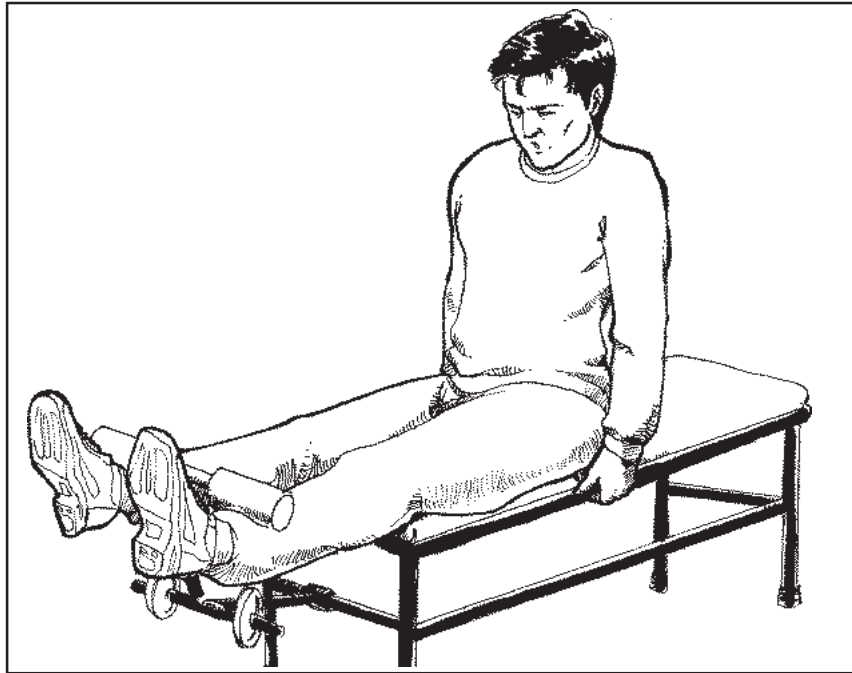
Manny could have gone to a cafe or a restaurant while waiting for the exam to start. This way, he will be surrounded by happy people thereby making him feel more relaxed before the exam.

- ◆ *Personality* — some people have strong personalities thereby handling their emotions well. Some people are also very flexible letting them easily adjust to any situation. Some are very persevering and do not easily give up. Traits like these can help a person solve problems or get rid of negative feelings more easily.

Manny can be described as stable. He is able to manage negative feelings. He is also very determined. These traits helped him get through the exam.

- ◆ *Health* — a healthy and strong body can enable you to handle intense negative feelings. Exercise and good habits can also help you release negative emotions.

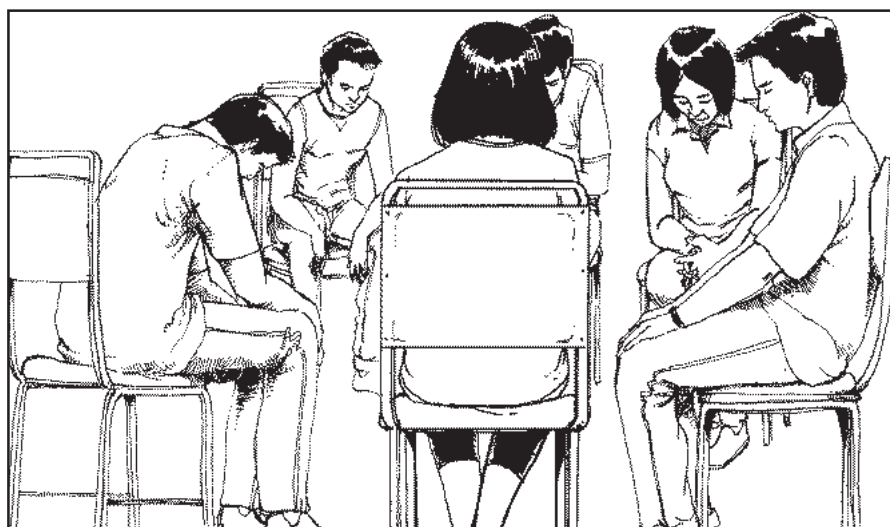
Manny exercises regularly, hence, he is healthy. He has the ability to handle his nervousness without affecting his health.



- ◆ *Thoughts* — having a positive outlook can help you deal with bad situations better. Being positive allows you to think of creative ways to deal with bad emotions.

As Manny prepares for the exam, for example, he can tell himself over and over, “I know I will do well, I do not need to worry, I can get a high score in this exam.”

- ◆ *Groups* — being a member of a social group is an advantage because your group mates can help you by giving you support and advice. Such groups could be in school, in church, in the workplace, etc.



Manny joined a prayer group and they gave him spiritual support for his exam. Prayer can reduce his nervousness.

These are only some of the possible resources a person can have. Take note that all of these resources can be used for both problem-focused and emotion-focused coping strategies.



Let's Try This

Make a list of the available resources you have at the moment that can help you cope with your negative feelings and their causes.

There are no right or wrong answers to this so don't worry. Just be honest!



Let's View This

Play the tape again for the second part of the video. After the video, you will be asked to analyze what you have just seen by answering a few questions.

If you do not have access to a video cassette player or a VCD player, a copy of the script can be found in the *Appendix* on pages 32 to 43. Just read Part 2 of the video script and analyze its contents.

Play the tape/VCD.

Have you finished watching the first part of the video? Then answer the following questions.

1. Which of Marco's problems need a problem-focused strategy?

2. Which of Marco's problems need an emotion-focused strategy?

3. Was Marco able to use the appropriate strategy for his problems? Explain your answer.

4. What served as Marco's resources to help him ease his frustrations?

5. What other things have you learned about dealing with negative feelings from Marco's situation?

Compare your answers with those in the *Answer Key* on page 30. Did you get all the correct answers? If you did not quite understand the video, try watching it again. I'm sure you will understand it better the second time. You may also discuss your answers with your Instructional Manager, co-learners, friends or family members for additional feedback.



Let's Remember

- ◆ **Problem-focused coping strategies** aim to reduce or get rid of the sources of negative feelings.
- ◆ **Emotion-focused coping strategies** are used when the problem cannot be eliminated. They aim to reduce the intensity of the negative feelings.
- ◆ In choosing which coping strategy to use, first, acknowledge that you have a negative feeling. Then find its source or cause. Try a problem-focused coping strategy first. If it is not effective, use an emotion-focused coping strategy.
- ◆ Coping resources can be anything in your life that you can use to help you cope with problems or negative feelings.

Well, this is the end of the module! Congratulations for finishing it. Did you like it? Did you learn anything useful from it? A summary of its main points is given below to help you remember them better.



Let's Sum Up

This module tells us that:

- ◆ **Negative feelings** are uncomfortable, unpleasant or personally distressing feelings.
- ◆ Negative feelings can be caused by traumas, conflicts, life events, bereavement, continuing problems or daily hassles.
- ◆ We all go through negative feelings sometimes.
- ◆ Negative feelings can come from three basic feelings—anger, fear and frustration.
- ◆ **Problem-focused coping strategies** aim to reduce or get rid of the sources of negative feelings.
- ◆ **Emotion-focused coping strategies** are used when the problem cannot be eliminated. They aim to reduce the intensity of the negative feelings.
- ◆ In choosing which coping strategy to use, first, identify the negative feeling then find its source or cause. Try using problem-focused strategies first, if the problem persists, use emotion-focused strategies.
- ◆ Coping resources can be anything in your life that can help you cope with your problems or your negative feelings.

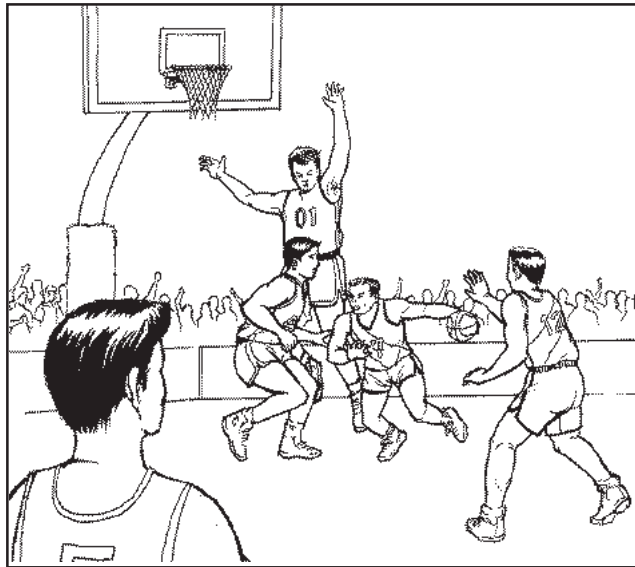


What Have You Learned?

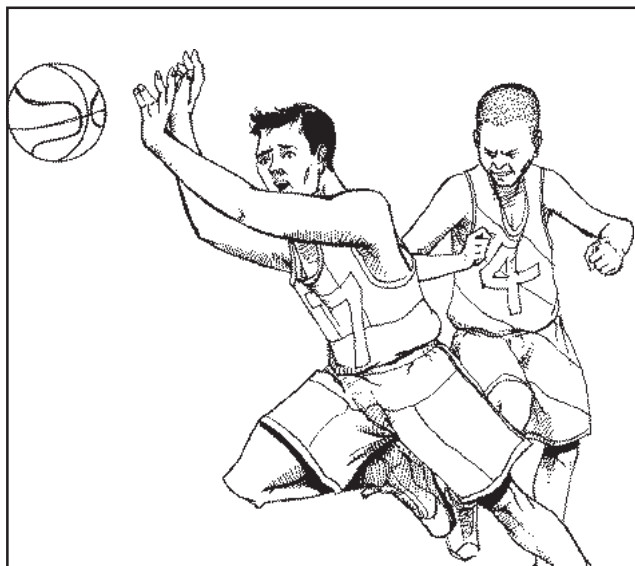
Read the passage below then answer the questions that follow.

Good luck, take your time in answering and remember what you have learned in the module. I'm sure you will do very well.

Paul is playing basketball for his team in the inter-barangay championship. He really wants his team to win the title. Everyone seemed to be watching the game. Paul was very nervous because he was afraid he would disappoint his team, his family, his friends and his barangay.



Toward the end of the game, his team was behind by two points and time was running out. Paul had the ball and tried to shoot but someone from the other team kicked his leg. Paul was very angry and frustrated because he was not able to shoot the ball. Paul was given two free throws but he missed one. He was irritated with himself for that.



Paul's team lost the game. Paul was very disappointed.



But even if they lost, Paul and his teammates still went out to celebrate for being in second place. They started telling jokes while eating. Before the evening ended, they were already laughing and no longer felt bad about losing the championship.



1. Identify the basic feelings Paul experienced.

2. Identify the derived feelings that Paul experienced.

3. What makes these feelings negative?

4. Underline words or phrases that caused Paul's negative feelings in the passage.

5. What did Paul do after the game in order to deal with his negative feelings?

6. Review your answer to question number 5. Is this a problem-focused or an emotion-focused coping strategy?

7. What resources did Paul use to cope with his negative feelings?

8. Suggest other resources that could also have helped Paul deal with his negative feelings.

Compare your answers with those in the *Answer Key* on page 31. How well did you do?



Answer Key

A. Let's See What You Already Know (*pages 2–4*)

1. (c) is the correct answer. All the other answers are not always true.
2. (b) is the correct answer. The other feelings are derived from other basic feelings.
3. (d) is the correct answer. All the statements can cause negative feelings, therefore, they are all true.
4. (c) is the correct answer. The other answers do not fully capture the problem and its consequences.
5. (d) is the correct answer. The other answers are possible answers too but are only applicable in some cases.
6. (a) is the correct answer. This is the correct definition of the two kinds of coping strategies.
7. (b) is the correct answer. All the other answers are wrong.
8. (a) is the correct answer. This is a clear example of dealing with a problem. All the other answers can be classified as emotion-focused coping strategies.
9. (d) is the correct answer. It is not a way of dealing with a negative feeling, it is simply a negative feeling.
10. (b) is the correct answer. All the others are possible answers but they do not fully capture the problem and its consequences.

B. Lesson 1

Let's Try This (pages 5–6)

1. negative — frustration
negative — depression
positive — happiness
negative — fear
positive — pride
positive — joy
negative — anger
negative — worry

negative — grief

positive — excitement

negative — regret

positive — surprise

negative — helplessness

negative — shame

positive — interest

2–3. The answers to these may vary.

Let's View This (page 11)

1. Marco felt depressed and frustrated.
2. Marco felt depressed because of his mother's death. He also felt frustrated because he and his siblings have to be separated. In addition to that, he also has to stop going to school.
3. Marco's basic feeling is frustration.
4. Marco should act on the problems which he can do something about. He should likewise accept the events which he can't do anything about.

Let's See What You Have Learned (page 12)

1. Basic: anger, fear, frustration
Derived: grief, helplessness, hatred

Other negative feelings not in the list are also acceptable as long as they are derived from the three basic feelings.
2. Chasing thieves; your partner was shot. You did not catch the thieves; your partner died.
3. Check the following: traumas, conflicts, life events, bereavement.

C. Lesson 2

Let's Try This (page 15)

1. **(PF)** Your main problem is being unemployed. By getting another job, you will be able to address your main problem.
2. **(EF)** Praying does not help you get rid of the problem but it helps you ease whatever negative feelings you have.
3. **(EF)** Exercising is one way of getting rid of negative feelings such as anger and frustration. It helps reduce the intensity of your emotions.
4. **(PF)** Your main problem is having a rival or an enemy. If you make friends with him/her, you will be able to eliminate the source of your negative feelings.
5. **(PF)** Going out and meeting new friends will lighten your mood and unload you of your fears, anger or frustrations.
6. **(EF)** Relaxing does not help you solve your problems but it keeps you healthy in order to manage your negative feelings.

Let's Review (page 18)

1. Fear
2. His desire to pass despite his doubts
3. Emotion-focused coping strategy
4. Manny may have chosen this strategy over another method because he cannot avoid taking the exam. He has to take the exam no matter what.

Let's View This (pages 22–23)

1. His separation with his siblings and the fact that he has to stop schooling.
2. His mother's death.
3. Yes. Marco accepted that he and his siblings had to separate. He made himself comfortable with the idea of just visiting them. He likewise decided to pursue his studies through the nonformal education program.

Marco also learned to accept his mother's death and just moved on.

4. Jay and Tiyo Tony's support; joining the basketball league.
5. Marco's story showed that no matter how big the problem is, there is always a way to deal with it.

D. What Have You Learned? (*pages 25–27*)

1. Basic feelings — anger, fear and frustration
2. Derived feelings — nervousness, irritation, disappointment, hatred and regret
3. They are negative because they cause Paul personal discomfort.
4. He really wants his team to win, everyone seemed to be watching the game, he was afraid he would disappoint his team, time was running out, someone from the other team kicked his leg, he was not able to shoot, he missed one, He was irritated with himself, they lost
5. Paul went out with his teammates.
6. An emotion-focused strategy
7. Support from friends
8. Learning to look at the bright side of things, a change of scenery and more practice coupled with self-discipline



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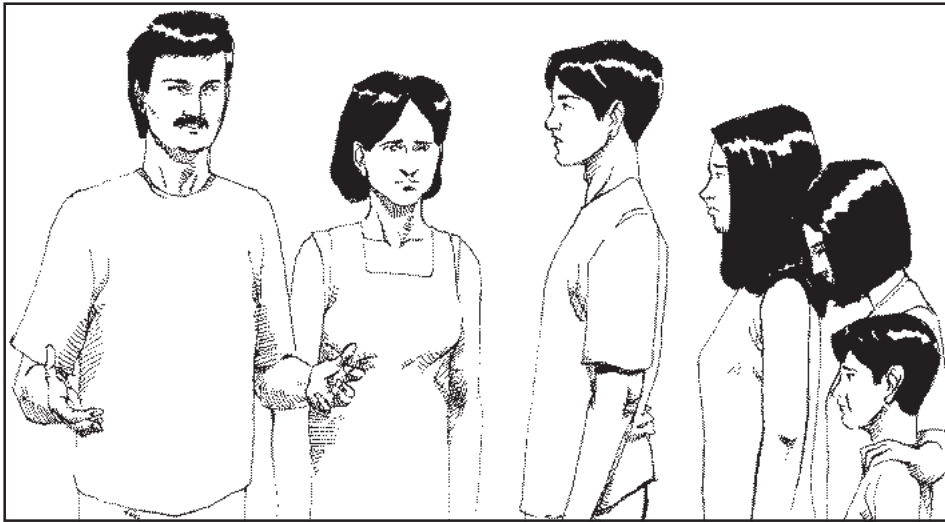
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Appendix

Title: When the Going Gets Tough . . .

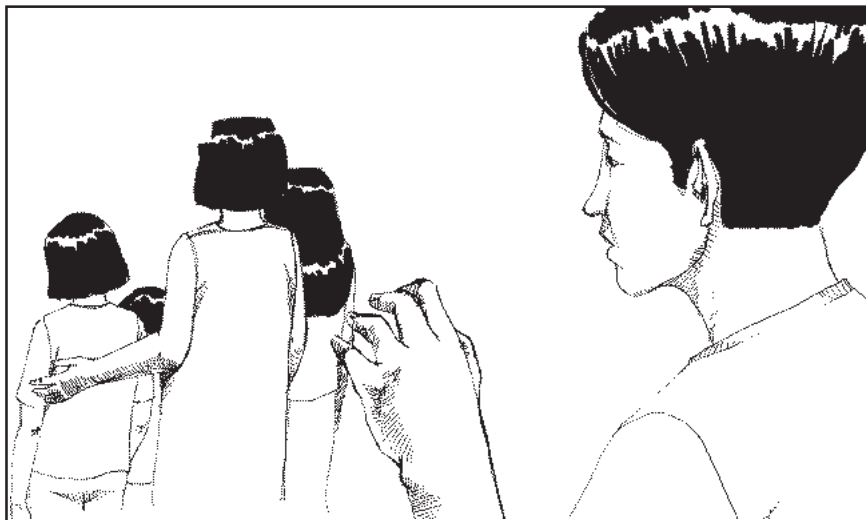
Marco's mother just died. This left him and his younger brother and sisters to fend for themselves. So, his Tiya Gina and Tiyo Tony decided to take them under their care . . .



Tiya Gina: Now that your mother has passed away, your Tiyo Tony and I have decided that we will be the ones to take care of you. Marco, I will not be able to provide for the four of you, so . . . (suspended)

Tiyo Tony: (quickly followed) So your Tiya Gina and I have decided that Marie, Melay and Mark will live with Gina and you, Marco, will stay with me. I hope you understand.

Marco: Yes, Tiyo Tony.



Tiyo Tony: I know that you don't want to get separated from each other but this is the only way we can provide for all of you.

Even though Marco does not want to get separated from his brother and sisters he had no choice.

Tiya Gina: Children, are you finished packing your things?

Marie: Yes, Tiya Gina.

Marco's brother and sisters will be kept under the care of Tiya Gina while Marco with Tiyo Tony.

Marco: Marie, take care of Melay and Mark, okay?

Marie: (nods)

Marco: (looking at the three) Be good. Obey Tiya Gina.

Marie: Yes, Kuya.

(Crying . . .)

Tiyo Andoy: Ahh, I think we have to go, it's getting late. Marco, your Tiyo Tony will fetch you here tomorrow. Be ready in the morning.

Marco: Yes, Tiyo Andoy.

The day after his brother and sisters left, Marco also left their home to live with Tiyo Tony. Along the way, he met his friend Jay . . .



Jay: Are you leaving now?

Marco: Yes, I'm going to live with Tiyo Tony in Santa Fe.

Jay: We'll miss you, Marco.

Marco: I'll visit you from time to time.

Jay: Goodbye, Pare.

Tiyo Tony: Let's go, Marco, the tricycle is here.

Leaving their place was hard for Marco. He grew up there. But he had no choice. Nobody will support them anymore. As if his mother's death and his separation with his brother and sisters were not enough, Tiyo Tony had to break another bad news to Marco.



Tiyo Tony: Feel at home, just tell me or your Auntie Hanna if you need anything. (pause) By the way, Marco, I'd like to talk to you about your studies. You see, as much as I want to send you to school, it will be very hard.

Marco: Tiyo Tony, please allow me to continue my studies. I have dreams not only for myself but for my future family as well. I don't want to end up being an out-of-school youth. I don't want to be a farmer forever. Now that mother died I feel that I have the responsibility to provide for my younger sisters and brother. Tiyo Tony, the only way I can do that is if I finish my studies.

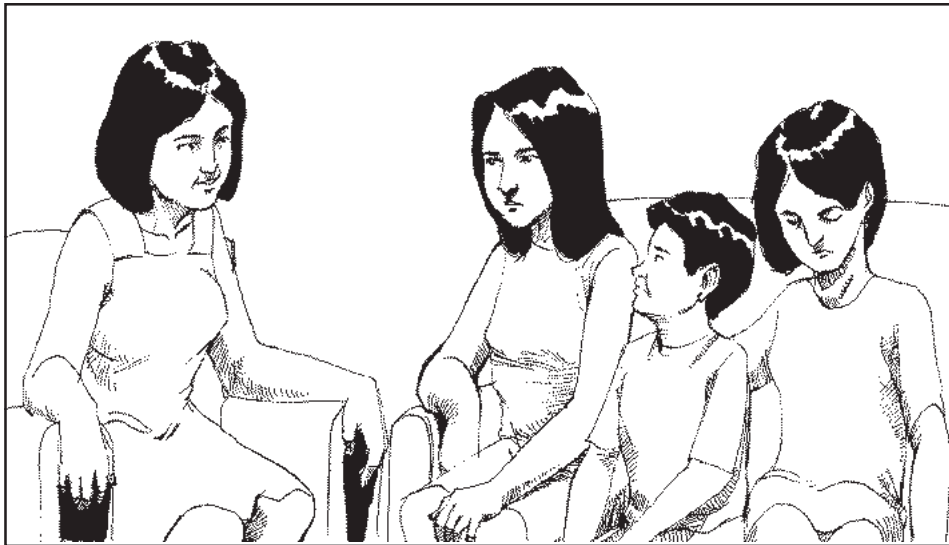
Tiyo Tony: Marco, I admire you for having an ambition. But I'm afraid right now, it is not possible for me to send you to school. I hope you understand, I also have to send your four cousins to school. I'm sorry.

Marco: Had Mama been alive, she would not let me stop my schooling.

Tiyo Tony: I'm sure she wouldn't. Marco, if you help me in the farm, then maybe, we can save some money and eventually, you may be able to continue your studies. I think that's more practical.

Marco: (looks down)

Meanwhile, at Tiya Gina's house, Marco's brother and sisters already miss him.



Marie: Tiya Gina, will we be able to continue our studies?

Tiya Gina: Oh, yes.

Marie: How about Kuya Marco?

Tiya Gina: Your Tiyo Tony and I have talked about that and Marco will have to stop his schooling. We simply cannot afford it.

Marie: I'm sure Kuya Marco will feel very sad. He doesn't want to stop his schooling.

Tiya Gina: I know but it's not that easy.

(Sound fades)

One day, Marco came back to their old house to get some of their other things. Along the way, he met Jay . . .



Jay: Marco! (approaches) How are you?

Marco: I'm okay. I'm here to get some of my other things.

Jay: Our classmates have been asking about you.

Marco: (sighs) Pare, you won't see me in school anymore.

Jay: Why? Are you transferring to another school?

Marco: No, I have to stop my schooling.

Jay: What?

Marco: I don't know what's happening to us, Jay. Mother's death was so sudden, we weren't prepared for it. Now I am separated from my brother and sisters, on top of that, I will have to stop schooling and work with Tiyo Tony in the farm.

Jay: The barkada will miss you.

Marco: If I had a choice, I don't want to leave. I don't want to be away from you guys. If I don't finish school, what kind of future will I have? I really feel frustrated, Jay.

Jay: Life's like that, Marco. Sometimes it's okay, sometimes it's not.

Marco: You mean life's unfair. Life's cruel. Come on, let's have a drink.

Jay: A drink, are you sure?

Marco: Yeah.

Jay: Will that be okay with your Tiyo Tony?

Marco: Come on, he won't see us anyway.

Marco is very frustrated, he feels that he has so many problems. Marco decided that he should drink to forget about his frustrations, at least for a moment. The next day however . . .



Tiyo Tony: Marco! Marco!

Marco: Tiyo Tony.

Tiyo Tony: Have you finished threshing the grains?

Marco: Not yet, Tiyo Tony.

Tiyo Tony: How can you finish that if you're sleeping.

Marco: I'm sorry, Tiyo Tony, it won't happen again. I'm sorry.

Tiyo Tony: You came home drunk last night.

Marco: (looks down)

Tiyo Tony: Marco, I understand this is hard for you but drinking will not help. It will not ease your pain or frustrations. It will not help you go back to school. I told you, help me and eventually we will be able to save some money for your studies.

End of Part 1, go back to the module.

Marco was very sad that his Tiyo Tony got mad at him. Auntie Hanna, Tiyo Tony's wife, noticed this . . .



Auntie Hanna: Marco, you look sad again.

Marco: (smiles)

Auntie Hanna: Do you remember your mother?

Marco: (nods) Tiyo Tony got mad at me. It was my fault, I went home drunk last night.

Auntie Hanna: You know, Marco, you should not try to cope with your mother's death by drinking. We can't do anything about it now. Just think of it this way, she's already resting, she won't experience any more hardships, she's okay wherever she is now. You should remember her in your prayers but you have to move on.

Marco: It's not just mother's death, Auntie Hanna. Now, I am separated from Mark, Melay and Marie. I stopped my schooling and I'm away from my friends. It's hard, Auntie Hanna. I feel so frustrated.

Auntie Hanna: Now you can do something about that. It's not like you're hopeless. You can visit your brother and sisters and they can visit you. You can also visit your friends from time to time if you want. I'm sure your Tiyo Tony won't mind. With regard to your studies, we'll save some money for it and I promise you, once we have enough, you'll go back to school.

Marco: I think you're right, Auntie Hanna. I should accept the problems that I can't really do anything about like Mother's death. And I should act on the problems which I can do something about.

Auntie Hanna: Right! That's the spirit!

Marco: (smiles)

Auntie Hanna: At least you have admitted your feelings and frustrations. Aside from that, you know and fully understand the causes of your frustrations. That's a good sign that you are recovering and that you can cope with whatever problems and frustrations you have. I can see that you are a strong person. For a young boy like you, you handle emotions well.

Marco: I guess I just need time, Auntie Hanna.

Auntie Hanna: Just bear in mind that there are many other things to look forward to.

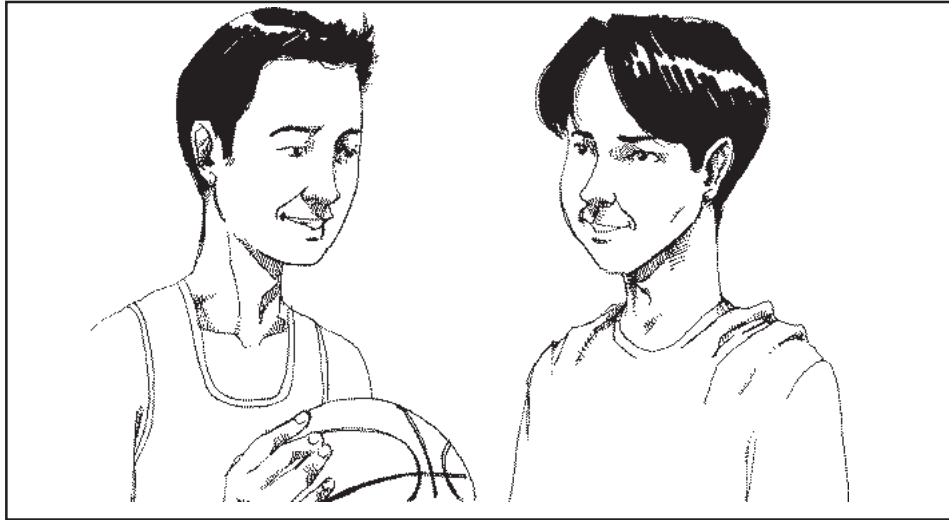
Marco: (nods)

Auntie Hanna: It's getting late, why don't you get some sleep?

Marco: I'll just follow, Auntie Hanna.

Auntie Hanna: Okay.

Marco thought that maybe Auntie Hannah was right. Days passed. One day, Jay and Marco met again.



Marco: Oh, Jay! What are you doing here?

Jay: I'm going to fetch my sister, she went to visit one of her friends here. What about you?

Marco: Tiyo Tony asked me to bring this to one of his friends here.

Jay: Hey, did your Tiyo Tony get mad when you went home drunk?

Marco: Yes.

Jay: I'm sorry, Marco. You know, we should not have done that. It won't really solve anything anyway.

Marco: I've been thinking about that too.

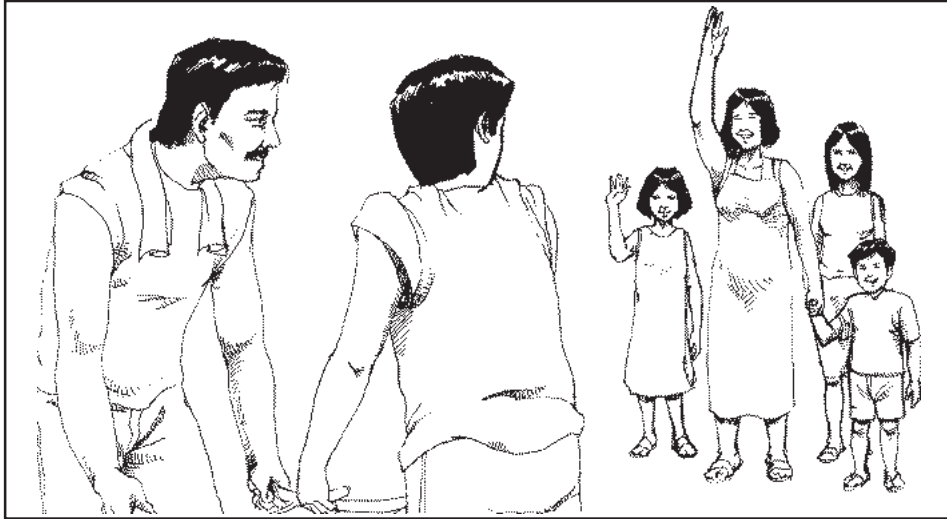
Jay: Just think of the positive things, Marco. If you come to think of it, a change of environment may actually do you some good. I mean, at least you won't think as much about your mother's death now that you live with your Tiyo Tony.

Marco: (nods)

Jay: Marco, there's a new basketball competition starting at the barangay hall every Sunday afternoon. There's still a spare position in my team. Are you interested? I know you're a good player.

Marco: Sure, why not? It will be good to let off some steam and it will help me to keep in shape. It's been a long time since I last played though.

Marco played for the basketball team. This helped Marco keep his mind off the bad things that happened. Marco is starting to feel better and his frustrations are slowly easing up. One day, Marco's brother and sisters visited him at Tiyo Tony's house.



Marie: Kuya!

Marco: Oh, Marie! How are you doing?

Marie: We're okay, Kuya. We're doing fine. How about you?

Marco: I'm okay. How are your studies?

Marie: I get good grades, Kuya, so do Mark and Melay.

Marco: I'm glad to hear that.

Tiyo Tony: Come inside. Let's all have some snacks. Marco and I have been working since this morning.

(after a while)

Marco: Tiya Gina, thank you for bringing them here.

Tiya Gina: Don't mention it, Marco. They miss you and I'm sure you miss them.

Marco: Thank you for taking care of them.

Tiya Gina: (smiles)

Marco: By the way, Tiya Gina, please accept this.

Tiya Gina: What is this for?

Marco: It's for my brother and sisters, Tiya, a small amount to help.

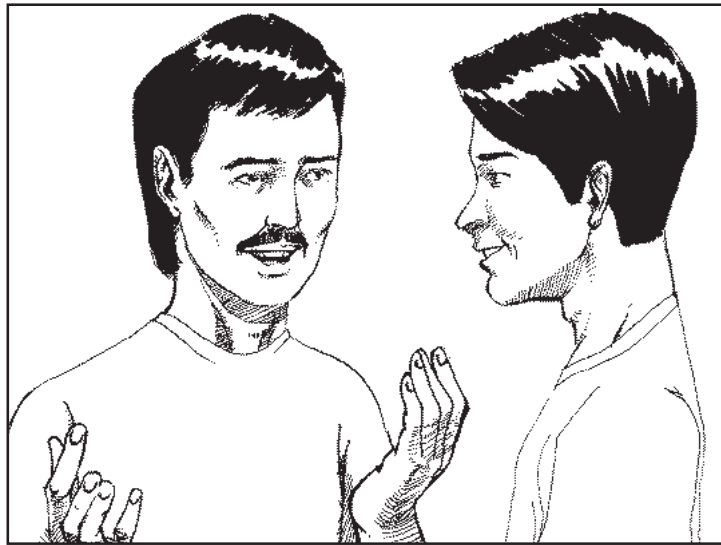
Tiya Gina: Marco, I'm not requiring you to contribute or give any money. We're okay.

Marco: I'm the eldest, Tiya, and I want to be able to help you take care of my younger siblings.

Tiya Gina: Your mother will be proud of you.

Marco: (smiles)

Marco realized that even if he and his brother and sisters are separated, they can still see each other from time to time. Marco's only wish now is to be able to study again. One day . . .



Tiyo Tony: By the way, Marco, I heard that there's this new nonformal education program where you can finish your schooling even if you're working. It's called the NFE A&E Program.

Marco: Study while working?

Tiyo Tony: Yes, it's a government program. You'll just go to the NFE Learning Center probably once or twice a week to get some learning materials and you can study here at home.

Marco: Really?

Tiyo Tony: Yes, I think it's not going to be too hard for you to go to town twice a week. Do you want to enroll in that program?

Marco: Oh, yes, Tiyo Tony, I want to study again so I can graduate and get a high school certificate.

Tiyo Tony: All right we will inquire tomorrow.

The next day, the two inquired at the NFE Center . . .

Tiyo Tony: Good morning, ma'am.

IM: Good morning, how may I help you?

Tiyo Tony: Ma'am, we would like to inquire about the NFE program which allows out-of-school people to finish their schooling. Marco here would like to enroll.

IM: Good! Please sit down. Marco, are you working right now?

Marco: Yes, ma'am. In Tiyo Tony's farm.

IM: I see. The NFE A&E program will allow you to work while studying. You will get learning materials from us, just like these, study them at home and when you are finished, take an exam. These learning materials are written such that you can study them on your own, they are easy to understand. But if you experience any problems in understanding the materials, you can come and see me for help.

Marco: I see.

(Sound fades)

Marco was doing well with the NFE A&E program. The NFE A&E program made Marco's wish to study again a reality.



IM: Marco, how are you doing?

Marco: I'm doing fine, ma'am. I'm glad that I'm able to study again.

IM: Aha.

Marco: You see, ma'am, my mother just died. My brother and sisters and I have to live separately, I have to stop schooling and work with my Tiyo in his farm. Studying here helped me recover from my mother's death and greatly eased my frustration about what happened to our family.

IM: I'm glad to hear that, Marco.

Time passed and Marco continued his studies. Marie, Mark and Melay still lived with Tiya Gina and Marco got used to this setup. Soon, Marco graduated from the NFE A&E program.



Tiyo Tony: Congratulations, Marco, you achieved your goal. You are a high school graduate.

Marco: Thank you, Tiyo Tony. Thank you. (hugs)

End of part 2, go back to the module.