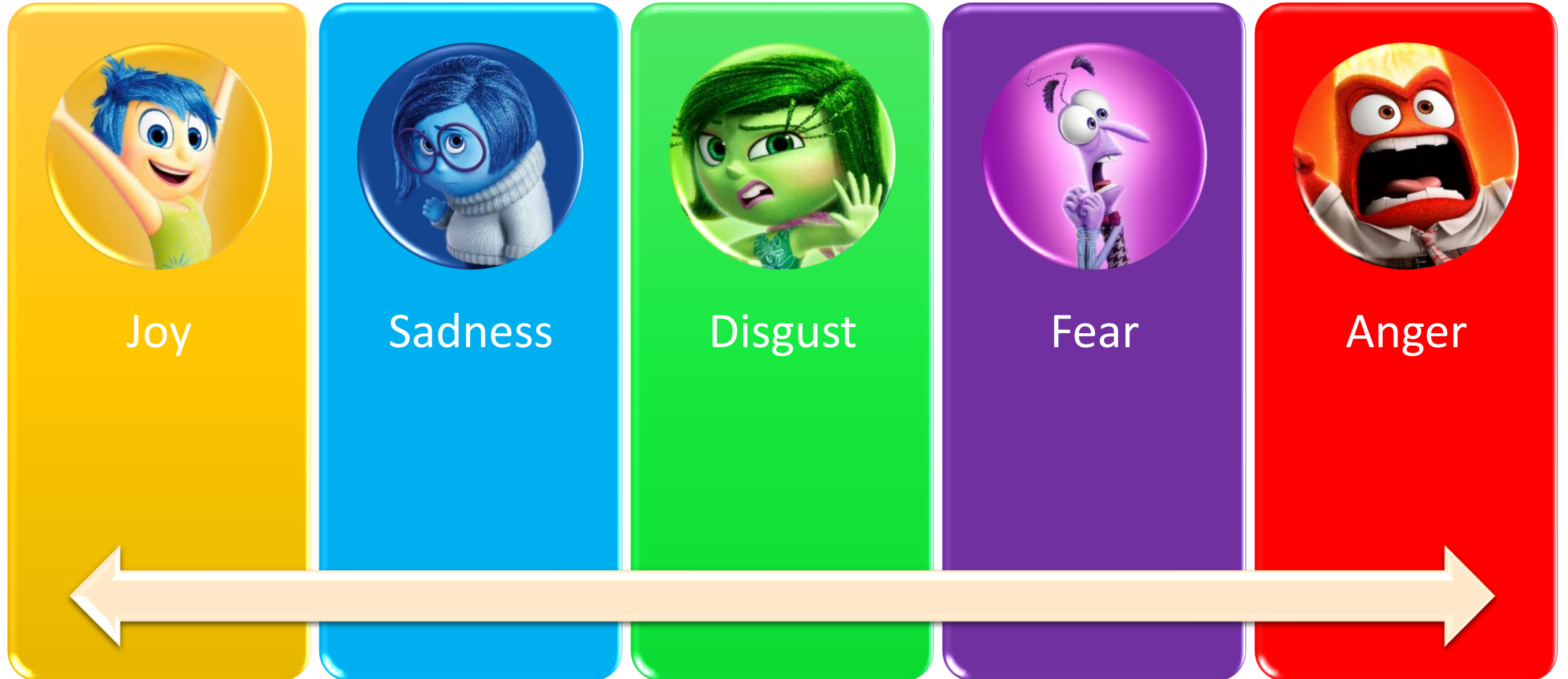


Inside Out

Learning to control our emotions



We need all of our emotions...



...but we need to know how to control them...



Today we are going to start by
learning about Joy...

What is Joy?



How often does Joy show up most days?

- Never
- Not very often
- Sometimes
- Often
- Always



When does Joy show up?



Where does Joy show up most often?



How do you know Joy has shown up?

- What might you be thinking?
- What might you be feeling?
- How might you be behaving?



Why does Joy show up?



When is Joy most helpful?



Here are some ways that other people control Joy...



Do you have enough control over Joy?



How can we get Joy to show up more often?



Are there times when Joy needs
to go away for a while?
(When is Joy not the most helpful?)



How can we get Joy to show up less often, then?



How can we stop Joy from taking over?



How can we get Joy back quickly?



Today we are going to learn
about Sadness...

What is Sadness?



How often does Sadness show up most days?

- Never
- Not very often
- Sometimes
- Often
- Always



When does Sadness
show up?



Where does Sadness
show up most often?



How do you know Sadness has shown up?

- What might you be thinking?
- What might you be feeling?
- How might you be behaving?



Why does Sadness
show up?



When is Sadness most helpful?



Do you have enough control over Sadness?



How can we get Sadness to show up more often?

- (e.g. will Sadness help you to think about other people?)



Are there times when Sadness
needs to go away for a while?
(When is Sadness not the most helpful?)



How can we get Sadness to show up less often, then?



How can we stop Sadness from taking over?



How can we get Sadness back quickly?



Here are some ways that other people control Sadness...



Today we will learn about
Disgust..

What is Disgust?



How often does Disgust show up most days?

- Never
- Not very often
- Sometimes
- Often
- Always



When does Disgust
show up?



Where does Disgust
show up most often?



How do you know Disgust has shown up?

- What might you be thinking?
- What might you be feeling?
- How might you be behaving?



Why does Disgust
show up?



When is Disgust most helpful?



Do you have enough control over Disgust?



Are there times when Disgust
needs to go away for a while?
(When is disgust not the most helpful?)



How can we get Disgust to show up less often, then?



How can we stop Disgust from taking over?



Here are some ways that other people control Disgust...



Today we are going to learn
about Fear...

What is Fear?



How often does Fear show up most days?

- Never
- Not very often
- Sometimes
- Often
- Always



When does Fear show up?



Where does Fear
show up most often?



How do you know Fear has shown up?

- What might you be thinking?
- What might you be feeling?
- How might you be behaving?



Why does Fear show up?



When is fear the most helpful?



Do you have enough control over Fear?



How can we get Fear to show up more often?



Are there times when Fear
needs to go away for a while?
(When is Fear not the most helpful?)



How can we get Fear to show up less often, then?



How can we stop Fear from taking over?



Here are some ways that other people control Fear...



Today we are going to learn
about Anger...

What is Anger?



How often does Anger show up most days?

- Never
- Not very often
- Sometimes
- Often
- Always



When does Anger
show up?



Where does Anger
show up most often?



How do you know Anger has shown up?

- What might you be thinking?
- What might you be feeling?
- How might you be behaving?



Why does Anger show up?



When is Anger the most helpful?



Do you have enough control over Anger?



Are there times when Anger
needs to go away for a while?
(When is Anger not the most helpful?)



How can we get Anger to show up less often, then?



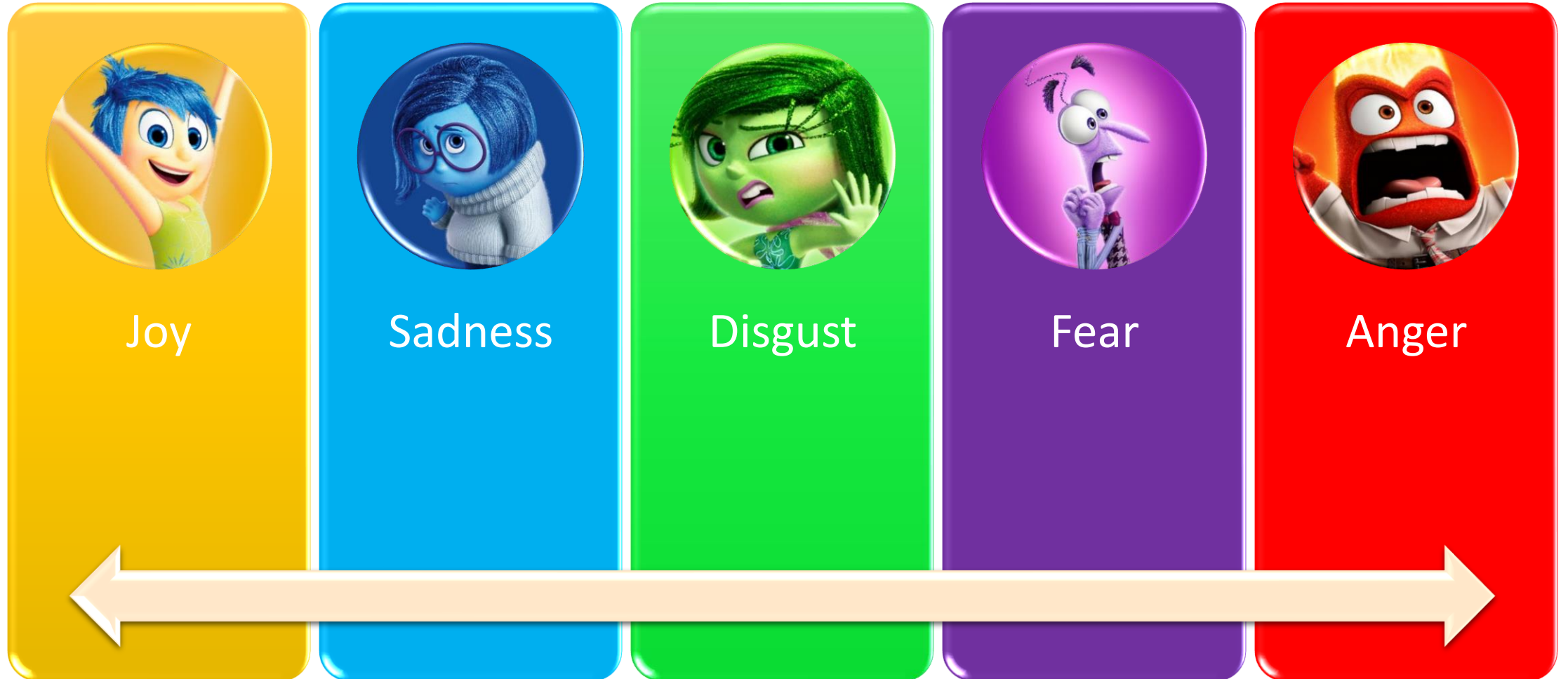
How can we stop Anger from taking over?



Here are some ways that other people control Anger...



Remember, we need all of our emotions...



...but we need to know how to control them...



- We need to make sure that they are not too big or too small
- We need to make sure that they are not too loud or too quiet
- We need to make sure that none of them take over too often