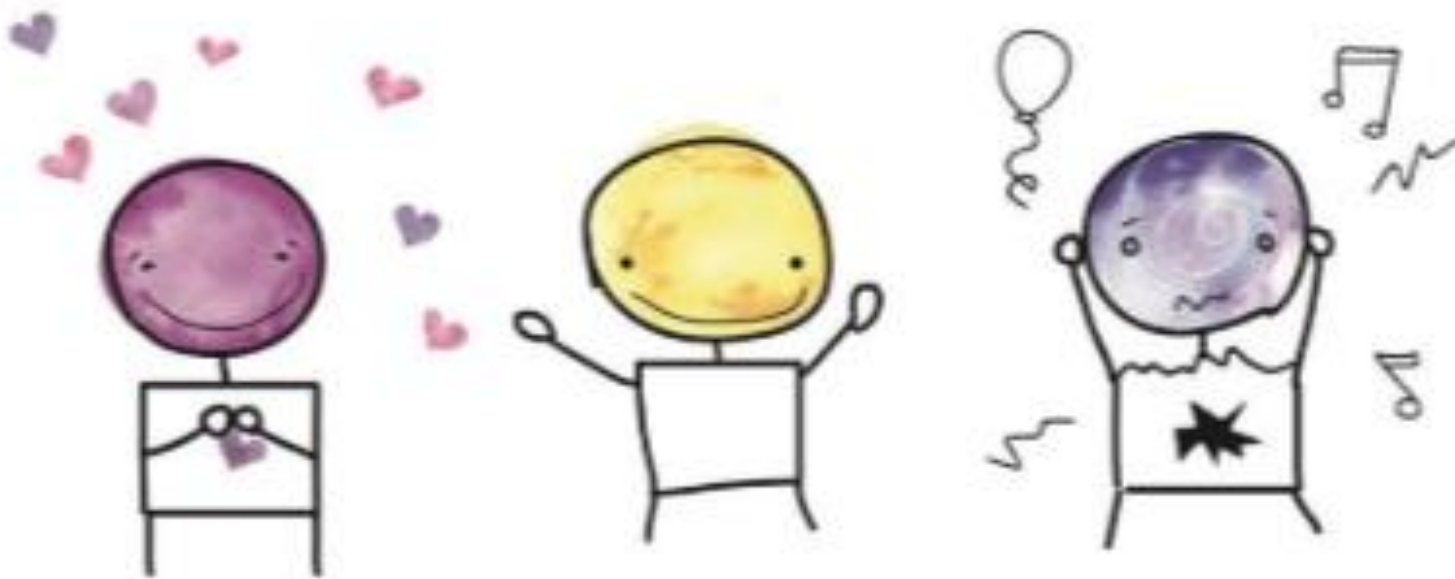


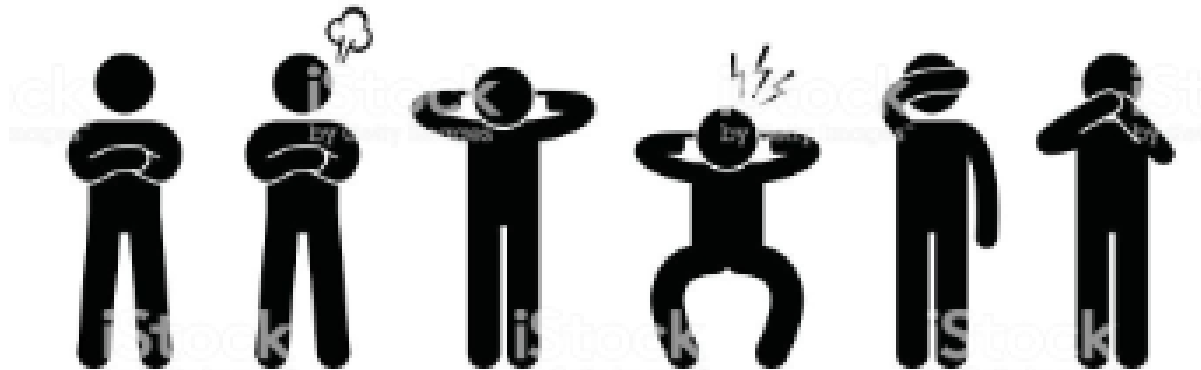
8 Principles Of Emotional Literacy



Principle 1

ACTIONS

“I am in control of and responsible for my actions”



Principle 2

FEELINGS

“No one else can control my feelings”



Principle 3

PEOPLE ARE DIFFERENT

They
experience
the world
differently

They want
different
things

They feel
different
things



Principle 4

“It is OK to be YOU”

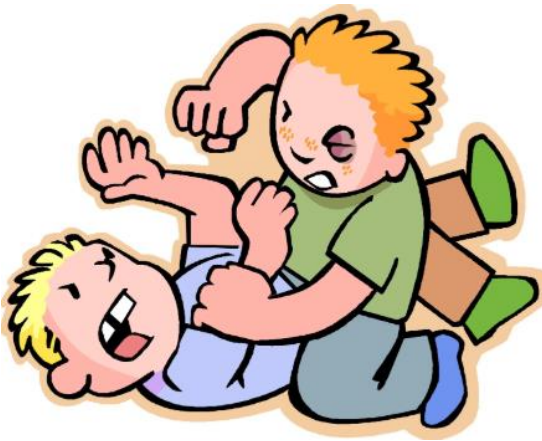
“Whoever you are and they are, is OK”

“Although, this doesn’t mean that whatever you or they do is necessarily OK”



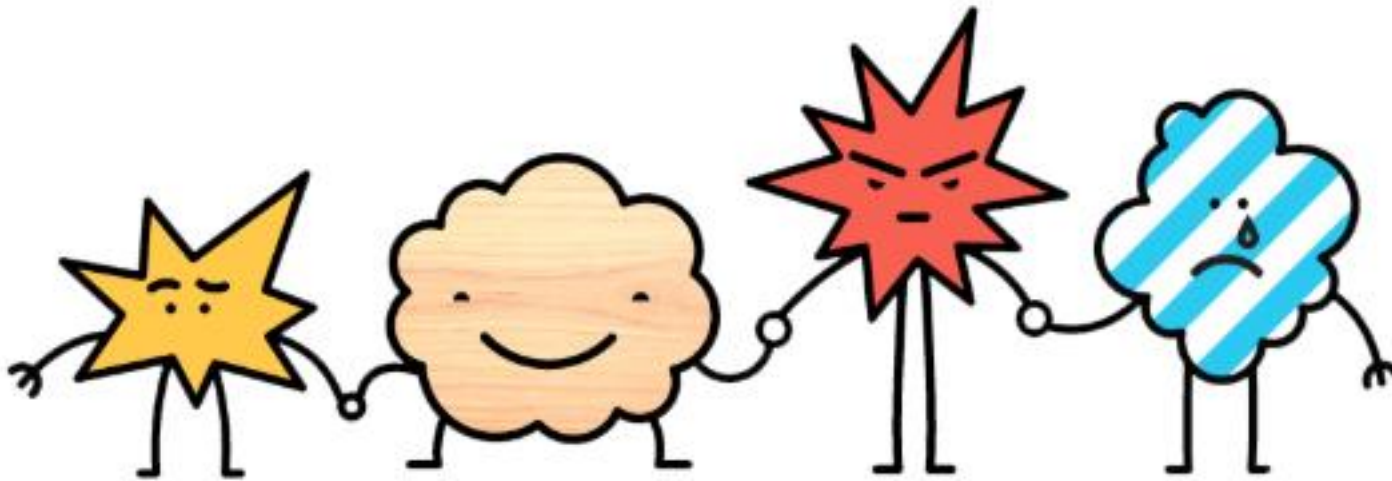
Principle 5

“Feelings and behaviours are separate”



Principle 6

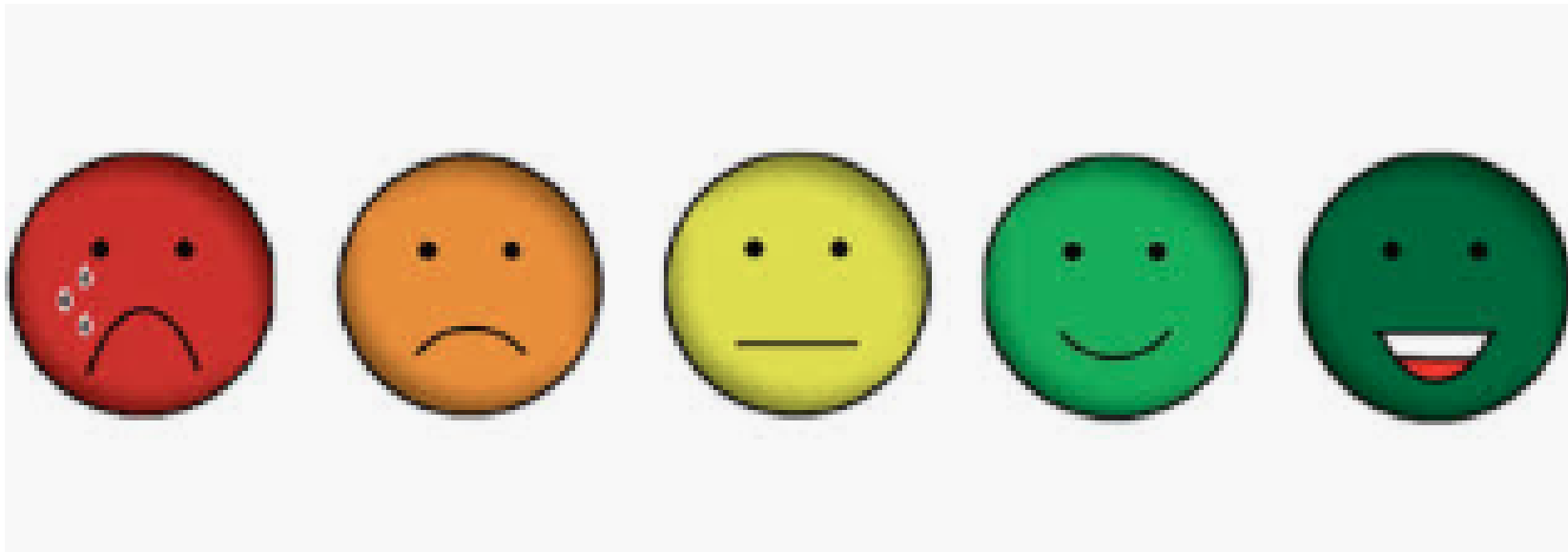
“All feelings you have are justified, acceptable and important”



Principle 7

Change is Possible

(including changes in ourselves)



Principle 8

Everyone has a natural tendency towards growth and health.



