



All Feelings are Great!

By Judy Arnall

FEELING FACTS

Parenting and relationships are built on feelings for each other and feelings from the self. Here are some basic facts about feelings for all human beings; adults and children.

- All feelings are okay to feel.
- Feelings are comfortable and uncomfortable.
- Feelings come in a wide range of intensity from mild to overwhelming.
- Feelings are transitory. They come and go.
- We can recognize our feelings by being aware of our body sensations.
- Feelings are on the inside of the body. Behaviours are on the outside. All Feelings are okay, but there are limits on behaviours.
- Anger is a normal healthy feeling. It is beneficial because it inspires us to change.
- There are many different ways to express anger that won't hurt anybody or anything.
- We can recognize feelings in other by their facial expressions, body language, and voice tone.

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