



## SESSION 2.

# Managing Emotions

---

### Goal

The goal of this session is to identify a range of emotions and explore healthy ways to express emotions, especially anger.

### Learner Outcomes

- Identify a range of emotions.
- Describe healthy ways to express emotions, especially anger.
- Apply those healthy ways of expressing emotions in their own life.

### Time Needed

50 minutes

### Materials Needed

- whiteboard or flipchart paper
- dry-erase markers
- Interpersonal Skills session 2 video segment
- DVD player/monitor or some way to display the video segment
- Emotion Cards handout
- Feelings Chart handout

### Preparation Needed

- Preview the video segment so you are familiar with the information that is covered.
- Photocopy the Emotion Cards handout and cut it apart on the dotted lines.
- Print copies of the Feelings Chart handout (one copy per participant).

## SESSION OUTLINE

### *Getting Started (7 minutes)*



1. Briefly review the following information on positive communication skills:

- **When you talk, it should be honest, clear, direct, and respectful.**
- **Your body language should give the same message as your words.**
- **Focus on listening instead of thinking about how you are going to respond.**
- **Don't make assumptions; ask questions if you don't understand.**
- **Repeat back what the other person has said to make sure you understand.**
- **Positive communication skills help establish positive relationships, reduce the frustration of misunderstandings, allow everyone to be heard and respected, and promote understanding.**



2. Ask for volunteers to take an Emotion Card and act out the emotion. Ask the group to try to guess the emotion. If participants are reluctant to volunteer, the facilitator might model acting out an emotion to get the activity started.

3. Explain to participants that they will now watch a short video and you will discuss the video afterward.

### *Playing the Video (6 minutes)*

Make sure everyone can see and hear the Interpersonal Skills session 2 video segment. Stay in the room while the video segment is being played.

### *Discussing the Video (14 minutes)*

Lead a discussion about the video segment. Ask group members the following questions:



- **How were positive emotions, like love and happiness, expressed in your family when you were young?**
- **How were negative emotions, like anger and sadness, expressed in your family when you were young?**
- **How do you think your family's way of expressing emotions has influenced your way of expressing emotions?**
- **What are some of the unhealthy ways you have used to manage or express emotions?**

**NOTE:** Assure participants that sharing aloud is voluntary but remind them that we have all expressed our emotions in unhealthy ways and felt bad about it afterward. The facilitator may wish to share an incident first, describing when he or she expressed an emotion in an unhealthy way.

**Going Deeper (20 minutes)**

1. Give each participant a copy of the Feelings Chart. Say: **Using the Feelings Chart, identify emotions you are feeling today. Would someone like to share one or two feelings that they have had in the last day and what prompted these feelings?** Allow several people to share.

2. Ask: **What are some of the negative consequences of suppressing emotions or expressing them in unhealthy ways?**

**NOTE:** Answers might include damaged relationships, anxiety, depression, job conflicts, legal ramifications, physical illnesses, and feeling trapped by emotions.

3. Say: **Let's talk about some healthy ways to deal with emotions, particularly strong emotions, like anger. The first step is to identify what you are feeling. Then ask yourself why you are feeling this way. You may need to walk away from a situation for a few minutes to figure this out. Can you do something about the situation in a positive way? If you can, do it. If you can't do anything about the situation, is there something you can do to deal with the emotion in a positive way? Some ideas might be talking with someone, exercising, writing about it, meditating, or even redefining the problem.**

4. Ask: **What are some healthy ways you have managed your emotions, particularly anger?**

5. Ask participants to divide into small groups of two to three people. Give each group an Emotion Card. Ask participants to talk about how the emotion could be expressed in healthy and unhealthy ways.

6. After about five minutes, ask the small groups to report back to the large group what the emotion was that the group was discussing and what healthy ways they identified to express that emotion.



***Wrapping It Up (3 minutes)***



1. Explain: **It is possible to express our emotions in healthy ways.** Ask participants to share an emotion that they have a hard time expressing in healthy ways.



2. Ask: **What technique could you use to express that emotion in a healthy way?** (For example, deep breathing, counting until ten, exercise, walking away.)

**CHALLENGE**

Challenge participants to identify people they know well who seem to express their emotions in healthy ways and ask those people what they do to manage their emotions.



**HANDOUT 3:  
EMOTION CARDS**

<b>Afraid</b>	<b>Surprised</b>	<b>Embarrassed</b>
<b>Tired</b>	<b>Lonely</b>	<b>Bored</b>
<b>Sad</b>	<b>Depressed</b>	<b>Peaceful</b>
<b>Happy</b>	<b>Nervous</b>	<b>Loving</b>
<b>Angry</b>	<b>Excited</b>	<b>Confused</b>



**HANDOUT 4:  
FEELINGS CHART**



**Afraid**



**Angry**



**Bored**



**Confused**



**Depressed**



**Embarrassed**



**Excited**



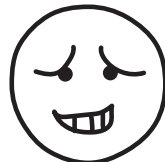
**Happy**



**Lonely**



**Loving**



**Nervous**



**Peaceful**



**Sad**



**Surprised**



**Tired**

