



## FEELINGS: *Feelings from the past*

In each family there are unwritten rules about expressing desirable and undesirable feelings.

*Do you remember which feelings were desirable or undesirable in your family? You will know this if you remember how your parents behaved when you were:*

*Sad and lonely*

*Scared*

*Angry*

*Happy and excited*

*Hilarious*

*Brave and full of energy*

*Loud*

*Impatient*

*Curious*

*Full of self-esteem*

*Indisposed*

*With no idea how to have fun*

*Sick*

*Hurt*

*Clumsy*

*Insecure*

*Gentle*

*Sensitive*

*Aggressive*



**How would you have liked them to behave back then?**

Draw a circle and place your feelings from the past inside. In one half of the circle put feelings that were desirable. In the other half those feelings that were not desirable. How does this circle made of your desirable and undesirable feelings reflect in your present life?