



# FAMILY FEELINGS

Feelings are not given enough importance in today's world. Intellectual abilities are valued more. Very often we experience feelings as something that prevent us from proper thinking. However, is it possible to reach the depths of our value system and to find sense in our lives without being aware of our feelings?

**We are very complex beings, with many inner layers.**

In order to be whole, we need both our intellect and our feelings. When they work together, we are able to be fully present to ourselves. Feelings tell us a lot about ourselves. We should learn how to listen and recognize our feelings.

**What feelings are YOUR most common and everyday feelings? Tell your family...**

Anger

Joy

Worry

Sadness

Hopelessness

Hastiness

Anxiety

Loneliness

Love

Serenity

Gentleness

Fear

Uneasiness

Enthusiasm

Tranquility

**How do I feel, today?**

How and when do you express your feelings?

Do you keep your feelings inside of yourself? For how long?

Is it more difficult for you to express positive or negative feelings?

