

Acknowledge The Connection Between Past and Present.

Feelings are not bound by time...they will stay with you forever until they have your attention. How much of how you feel right now has to do with what's happening right now?

Notice The Difference Between Feeling and Behavior.

Feelings are non-verbal, living inside the body and are often times hidden from view; behavior is an outward expression—not always a clear mirror for original feelings.

Remain Curious About What You See.

Grief can look like “mad;”
fear can look like “sad;”
identifying the source of an
expression requires independent
thinking, patient navigation
and insight.

Open The Mental Door To Feelings.

If you think in terms of:

positive
negative
good
bad
right
wrong

you have closed the door to perceiving a feeling
and opened the door to evaluating behavior.

Question Your Behavior.

Does it clearly reflect a
feeling or mask it? Clear
reflections bring you closer to
getting your needs met.

What is Emotion Literacy?

Simplistically, emotion literacy means the ability to read and comprehend emotions. To be emotion literate is to be well-informed about your emotions. When it comes to emotions, it seems obvious—smiling, laughing, crying—as plain as the nose on your face. How plain behaviors relate to your personal feelings and thinking is not always obvious. Learning how to understand the deeper implications of any given emotion takes determination, time and guidance. Emotion Literacy Advocates creates learning forums for insight into emotion through language and the arts.



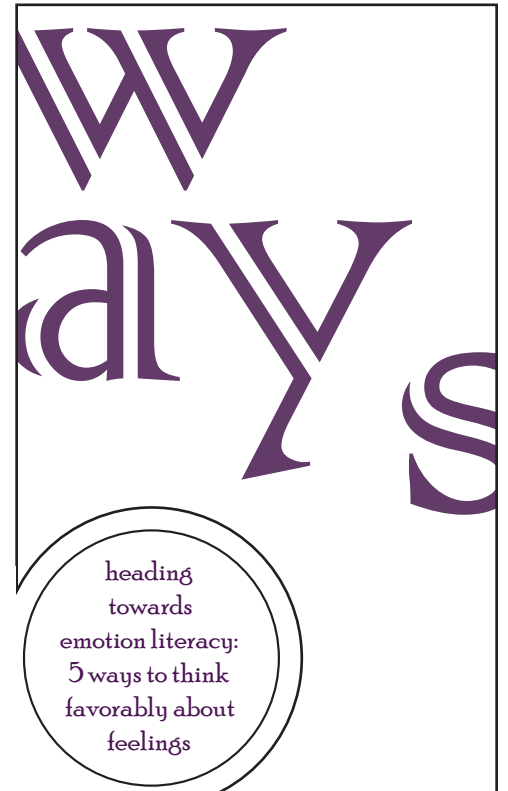
For more information, contact:

Emotion Literacy Advocates™
bridging the gap between feelings and words

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heading
towards
emotion literacy:
5 ways to think
favorably about
feelings

