

International Conversation Café

Lifestyle Topic: Feelings

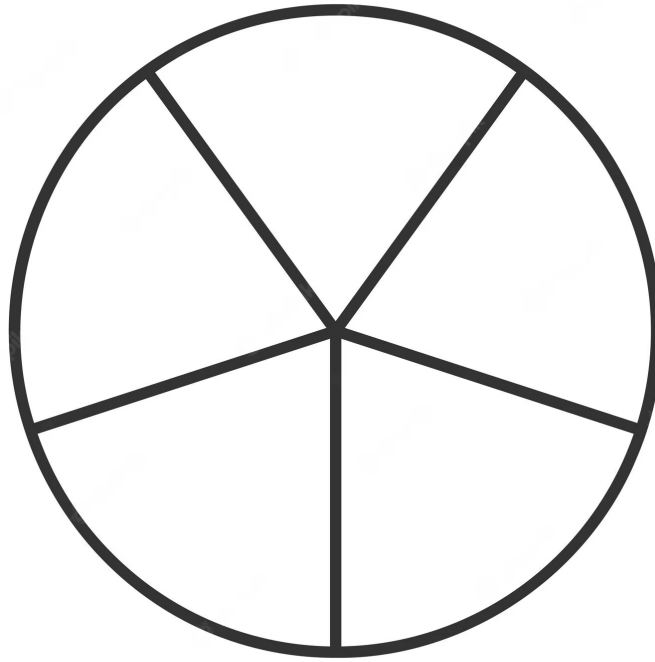
Definition of feelings: The emotional side of someone's character; emotional responses. “a feeling of joy”

Rober Plutchik defined eight core emotions. In the 90's Paul Ekman named six core emotion. More recently research indicates there are 4 basic emotions but generally, people including Pixar name five: joy, fear, sadness, disgust, and anger.

Intensity of Feelings

	Joy	Sadness	Angry	Fear	Ashamed
High	elated	depressed	furious	terrified	sorrowful
Medium	cheerful	heartbroken	upset	scared	apologetic
Mild	glad	unhappy	annoyed	nervous	embarrassed

Look at the circle. On the outside edge of each part, write the five emotions. Within each part, based on the intensity of the feeling, write the three words that further define that emotion.



How to use the feelings chart.

First, a feeling chart can help you name what you are feeling. It can also help you recognize what others are feeling. These awareness help us express ourselves verbally to others, which may improve our relationships. The other person doesn't have to guess about how you are doing. Also, as we name our emotions, we are closer to being in control of them, especially the ones that are harmful.

Often our early home environment sets a pattern for how we recognize and express our emotions.

1. *Did your family encourage you to share your feelings? In what ways?*
2. *Did your friends and school encourage you to share your feelings? In what ways?*
3. *In the west, we are taught to make "I feel" statements rather than "you are" statements when you have a disagreement with someone.*
"I feel angry when I see the kitchen is a mess," instead of "You are so inconsiderate. You never clean up your mess."
Do you think "I feel" statements are helpful? If so why? Would you ever use an "I feel" statement to express yourself to another?
4. *Should a person say what they are feeling concerning a disagreement at work or school? When do you think one should be quiet about one's feelings regarding a disagreement?*

Try out these "feeling" idioms. Explain what the idiom means and use it in your own sentence.

hard feelings- feelings of resentment or anger. *"The argument caused a lot of hard feelings, but finally we got over it."*

mixed feelings uncertainty about someone or something. *"I have mixed feelings about Bob. Sometimes I think he likes me; other times I don't. I have mixed feelings about my trip to England. I love the people, but the climate upsets me."*

sinking feeling- the feeling that everything is going wrong; a bad feeling in the base of one's stomach. *I get a sinking feeling whenever I think of the night of the accident.*

gut feeling and gut reaction; gut response- a personal, intuitive feeling or response. *I have a gut feeling that something bad is going to happen. My gut reaction is that we should hire Susan for the job.*

hurt someone's feelings- to cause someone emotional pain. *It hurts my feelings when you talk that way. I'm sorry. I didn't mean to hurt your feelings*

no hard feelings and not any hard feelings- no anger or resentment. *I hope you don't have any hard feelings. No, I have no hard feelings.*

