



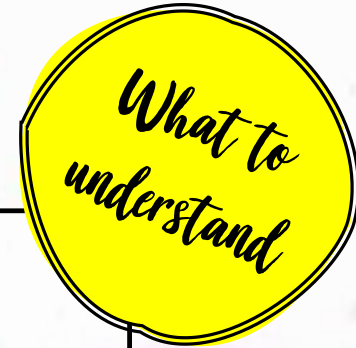
*The next step:  
Emotional Understanding*

07/05/2020

Created by The Senses Project

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# What is emotional Understanding?



Emotional Understanding, what does it mean.

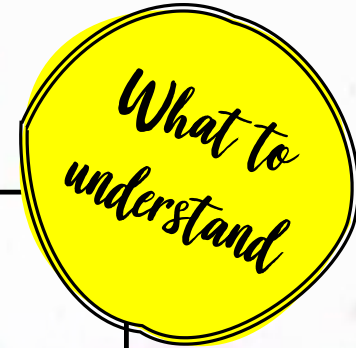
Well, to put it simply this is:

- **Being able to recognise, relate to, and understand your own emotions and;**
- **Being able to relate to the emotions other people are feeling**

You may find it helpful to also explore recognising other peoples emotions, we will cover this in our communication workshops.

So, lets start by looking at your own emotions. If you've got your emotional literacy down, then you're good to go to start recognising this on the next page.

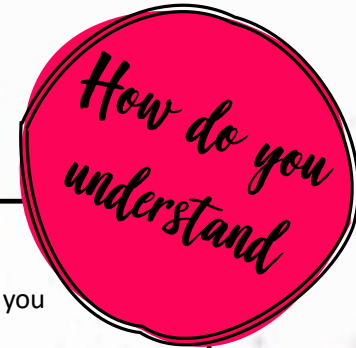
# What is emotional Understanding?



Think about what you've felt at a time when you were happy or sad;

- **what helped you to recognise this feeling?**
  
- **What were you doing?**
  
- **What did you do after you felt this emotion?**

# How you understand your emotions



Now, this is definitely the time where we start getting a bit deeper and personal. Remember, this worksheet is for you and your emotional understanding, and it's up to you who you share this with.

How we understand emotions is different for each of us. We all have our own take on how we personally feel a specific emotion. Remember that this means how you understand feeling angry can be very different to how friends or family do.

So to work on how you relate to your emotions lets start thinking about;

- **How your feelings/emotion changed as you recognised them?**
  
- **How did you feel after doing what you did while feeling that emotion?**



# Why did you feel your emotion?

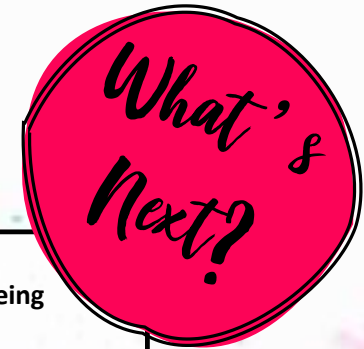
The question of why is often the hardest part.

This is the part where we try to notice and use the process of 'recognising what' and 'relating how' to better 'understand why'.

When we feel things, it's sometimes hard to know why we felt that emotion in particular. Sometimes the physical feelings can be the same for 2 emotions.

There are two key influences for WHY we interpret the physical feelings we get as which emotion;

- 1. Things going on around us –**  
something which overwhelmed us which we often can't control
- 2. Our own mental state -**  
if we are generally low about things, struggling to motivate ourselves, and feeling isolated or withdrawn its going to become easier to choose and negative answer.



The Next steps in building a strong foundation of your emotional understanding and being able to use this to face life's challenges with a bit more ease are;

1. Practice using these skills to recognise your own emotion feelings and choose your emotional response.

**An example of this would be;**

**if you're having to try something new this might make you nervous, but those physical feelings are the same as what you probably feel for excitement.**

**Tell yourself you're excited, take time to prepare yourself for the challenge ahead.**

2. Practice relating to other peoples emotions. Ask them how they feel when they do something which makes you feel uncomfortable.

**This can be a bit tricky, so if you're finding talking to people a bit difficult, have a look at one of our communication workshops.**

3. Make time to reflect on why you reacted to or interpreted an emotion how you did.

**Emotions and understanding why we feel things can be tricky. Looking at some of the other workshops we're adding may be useful too.**