



# Recognizing Emotions

Strong emotions can sometimes be difficult to handle and strong emotions that are not handled well often can lead to big problems. Many times we mislabel our underlying strong emotion as “ANGER.” It is vital to figure out what emotion or emotions one is feeling to be able to resolve a problem situation.

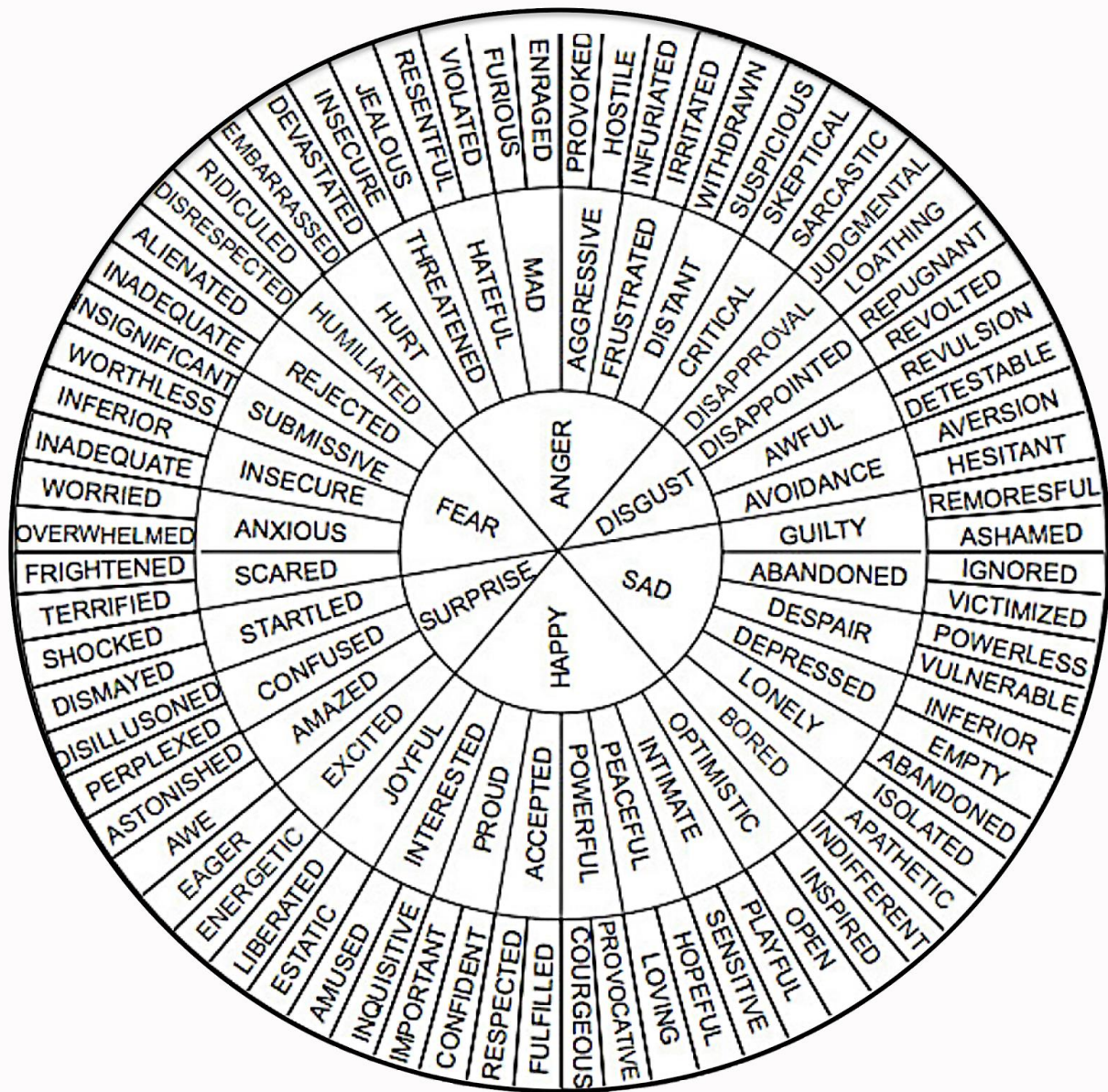


## The following steps will help you handle painful emotions much more successfully:

- Dig deep enough to discover what “triggered” your strong emotion
- Usually underneath anger are other more hidden feelings
- Feelings oftentimes occur together and may be difficult to separate
- To deal with the problem, you need to know what exact feelings are going on for you at a particular moment
  - “What am I feeling *right now*? When and where did this start?
  - “What was going on at the time? Was anyone else involved?”

## Choose a strategy or strategies that will help you feel better:

- Talk with a close friend, family member, R.A., Hall Director, or counselor for emotional support
- Write out feelings and thoughts in a journal
- Use positive self-talk to get through the feelings
- Use distraction to take attention to something else
- Notice the feeling... and let it go
- Have a conversation with the person who was involved
- Remember that you are in charge of what you feel; no one can “make” you feel a certain way – you control yourself and your reactions
- Feelings can come and go quickly
- Let go of a bad mood quickly; hang on to a good mood for a long time
- Do something to cheer yourself up
- In your mind, forgive the person who made the hurtful comment
- Make yourself as resilient as possible



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