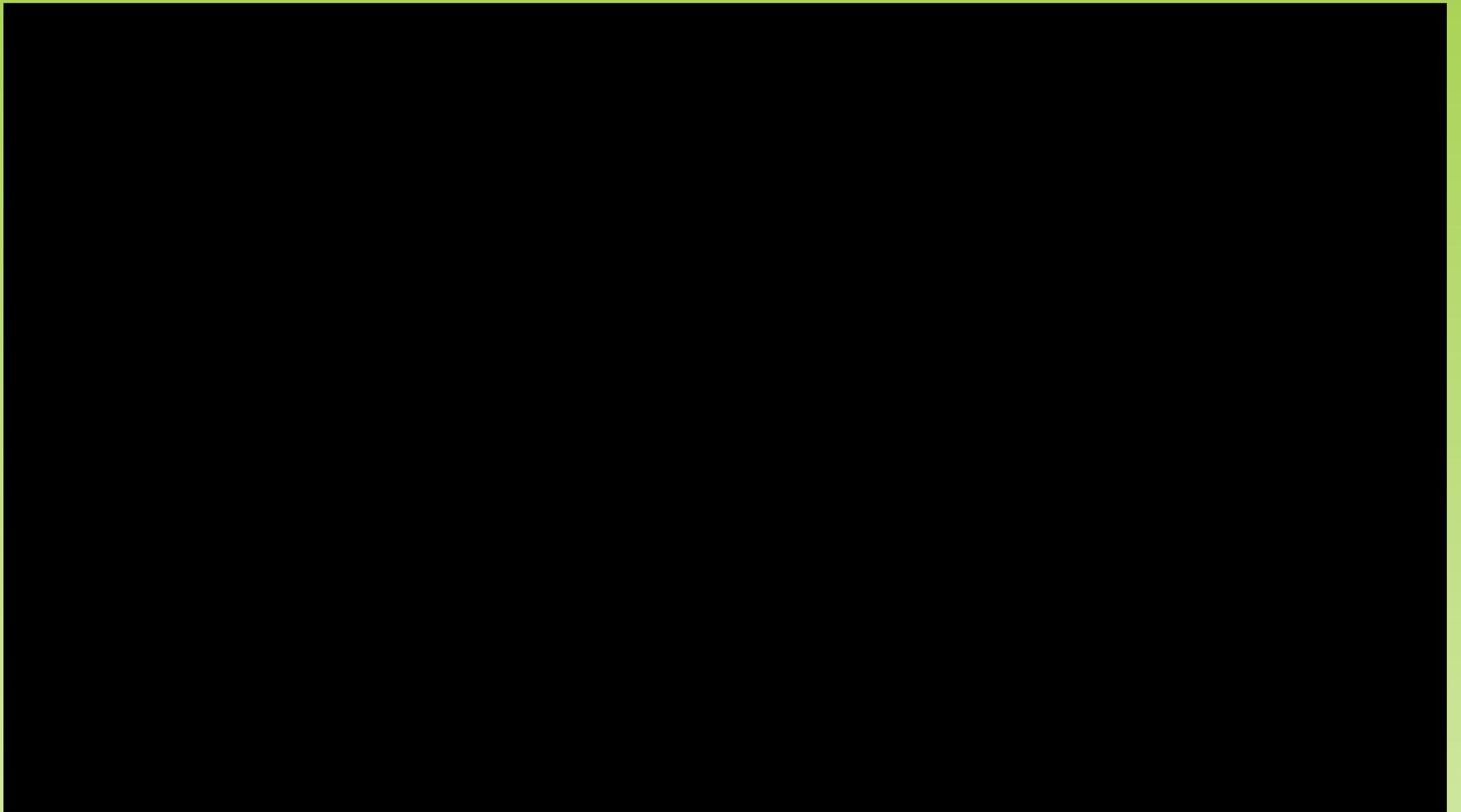


EMOTIONS & UNCONTROLLED EMOTIONS





BASIC HUMAN EMOTIONS

1. Happiness

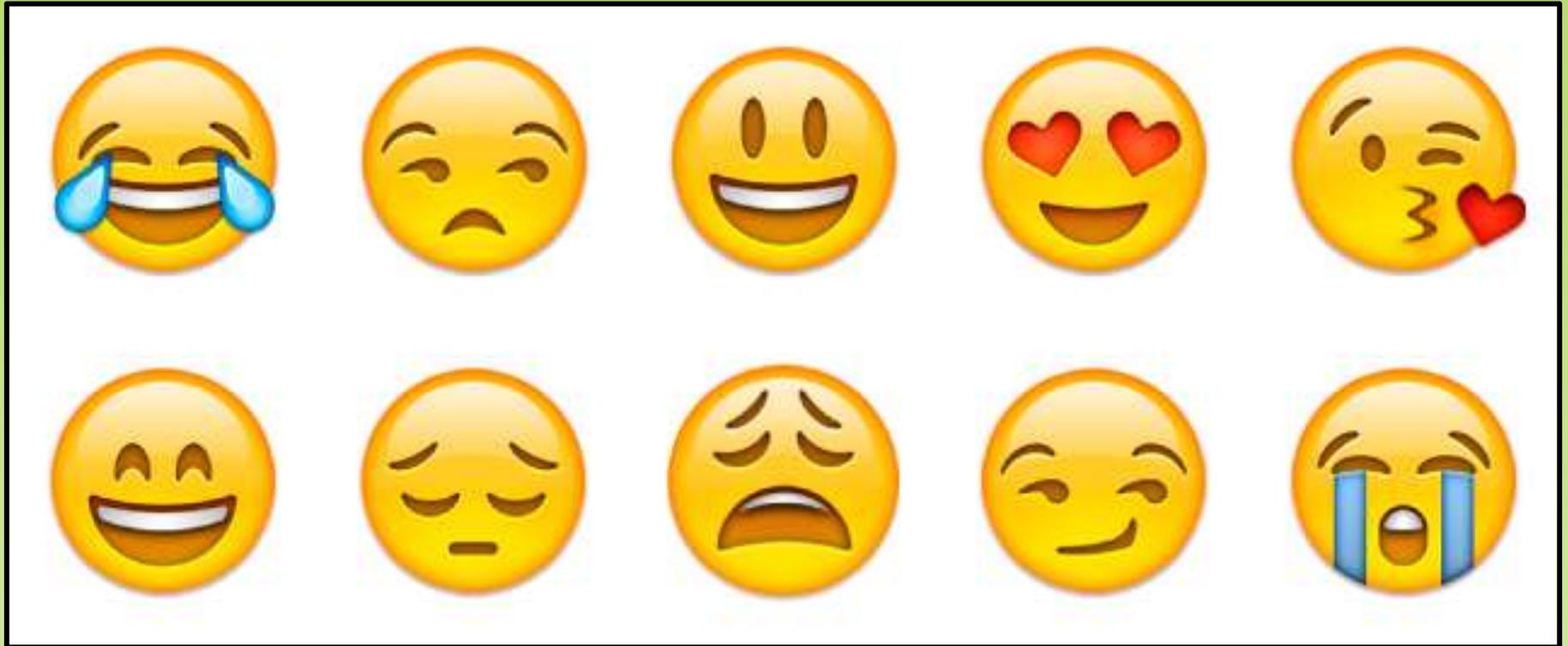
2. Sadness

3. Love

4. Hate

5. Anger

6. Fear



EXPRESSING EMOTIONS

- People express emotions in a variety of ways.
 - How do children express emotions?
 - How do teens express emotions?
 - How do adults express emotions?
- We learn how to control and express our emotions appropriately as we grow older.
- Do you express your emotions differently around different people? (Family, friends, work, school, etc.)



CONSEQUENCES OF UNCONTROLLED EMOTIONS

• Legal

- Results in choosing behaviors that are against the law.



• Mental

- Factors that affect an individual emotionally because of the behavior.

• Social

- Effects on the community, family and individuals because of the behavior.



CONSEQUENCES OF UNCONTROLLED EMOTIONS

• Ethical

- Moral and religious values that are violated because of the behavior.



• Physical

- Harm or injury that can come to people because of the behavior.

• Financial

- Dollar costs to individuals and communities as a result of behavior.



TYPES OF BEHAVIOR

• Emotions are usually expressed through three main types of behavior:

1. Passive
2. Aggressive
3. Assertive



PASSIVE

- These are people who let others walk all over them.
- They follow the “crowd” and allow others to make decisions for them.
- They lack the courage to express inner feelings.
- They are followers.
- They allow passivism to control their emotions and are disappointed in how they are manipulated by others.
- They see something wrong, but do nothing about it.



Passive

EXAMPLES OF PASSIVE BEHAVIOR

- I saw a boy take the teachers wallet. He told me that if I told, he and his friends would beat me up after school. So, believe me, I won't tell!
- Some kids called me a nerd, but I ignored them.
- My teacher thought it was me who was talking and gave me detention. I didn't want to get my friend in trouble so I'll just go along with it.

AGGRESSIVE

- These individuals are always looking for a fight.
- Whether or not it is their business, they are right in the middle of it.
- They are masters at verbal or physical battle.
- They thrive on intimidating others.
- They believe that aggression breeds aggression.
- They often bring out the worst in OTHERS.



EXAMPLES OF AGGRESSIVE BEHAVIOR

- Jim hit me, so I hit him back.
- My sister wouldn't do the dishes for me, so I called her a name I can't repeat!
- My boyfriend just broke up with me because he likes another girl. So, I'm going to tell all my friends what kind of guy he really is!

ASSERTIVE

- These individuals calmly, but insistently, state their feelings in a non-emotional way.
- They do not allow others to manipulate, intimidate or control their behavior.
- They use “I” Messages (I think, I feel, I am, I don’t, I want, I won’t, I will, etc.)
- If this individual is in a threatening situation, they will walk away and seek help if appropriate.
- They tell someone if the situation is harmful, dangerous or against the law.



Assertive

EXAMPLES OF ASSERTIVE BEHAVIOR

- I don't like it when you don't do your homework and want to copy mine.
- Some kids called me a nerd, but I ignored them.
- My locker was robbed! I reported it to the vice principal.
- Instead of getting angry, I feel we need to sit and discuss how to solve the problem.

BULLYING SOCIAL EXPERIMENT



**ONE OF THE HARDEST EMOTIONS
TO CONTROL OR EXPRESS
POSITIVELY IS**

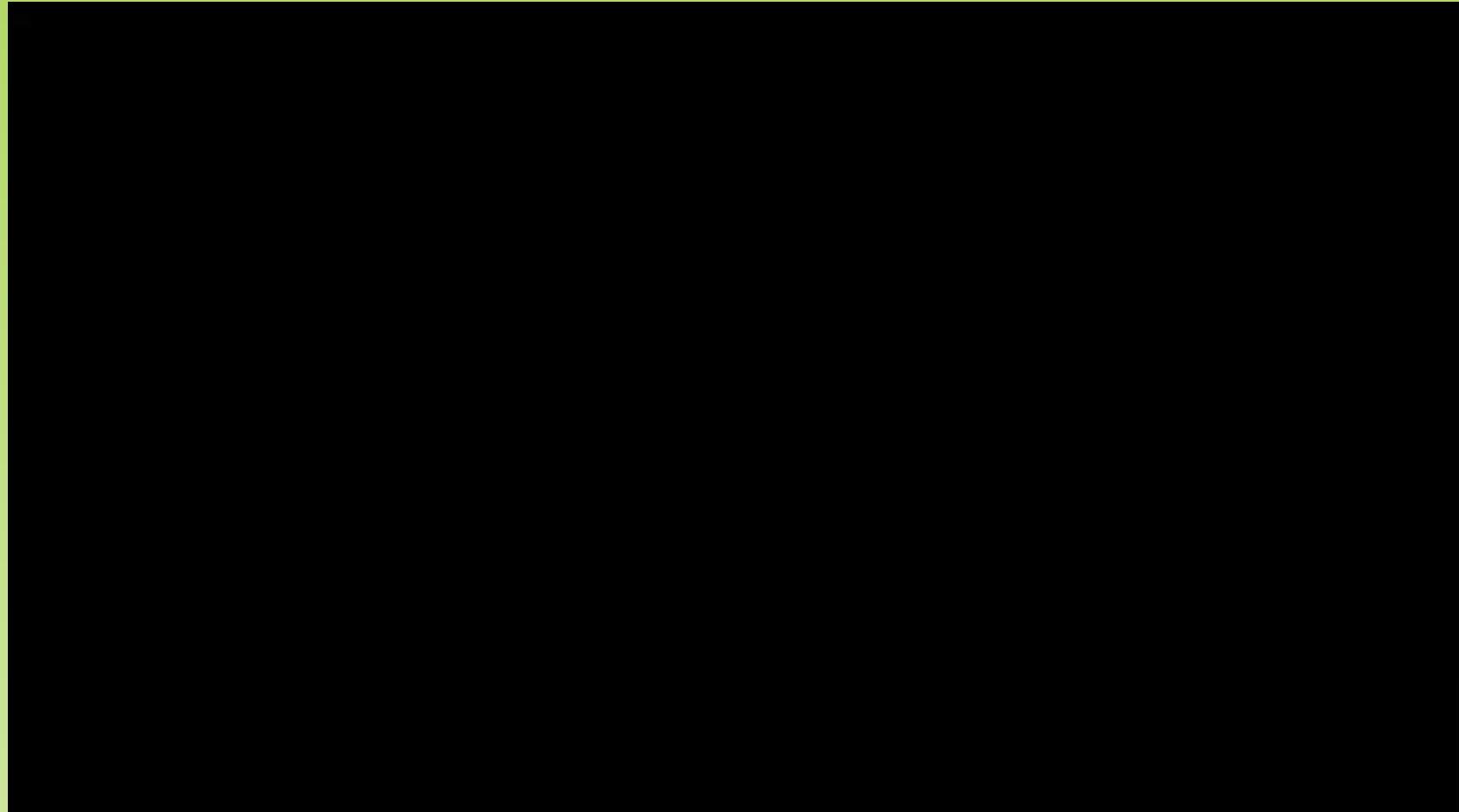
ANGER!

HOT ANGER

- Explosive Anger
- Usually comes from feelings kept inside
- Hurtful to others
- People “blow up” at others

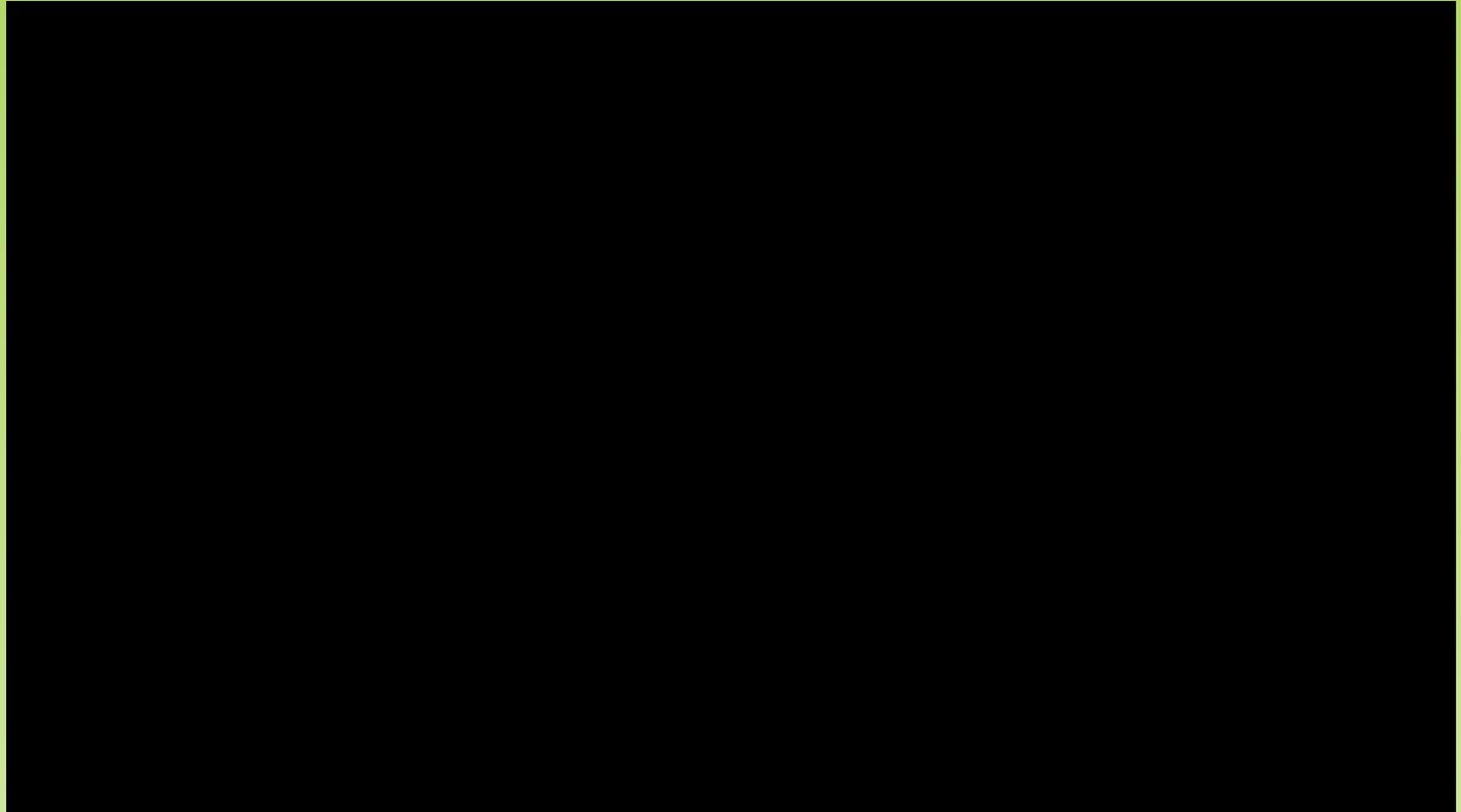
COLD ANGER

- Stored inside
- Not shared with others
- Self-destructive / “eats away” at people
- Feelings are not dealt with
- Physical symptoms



WARM ANGER

- Appropriate anger
- Expression of anger in a calm way
- It's okay to feel angry, but deal with it appropriately without hurting yourself or others

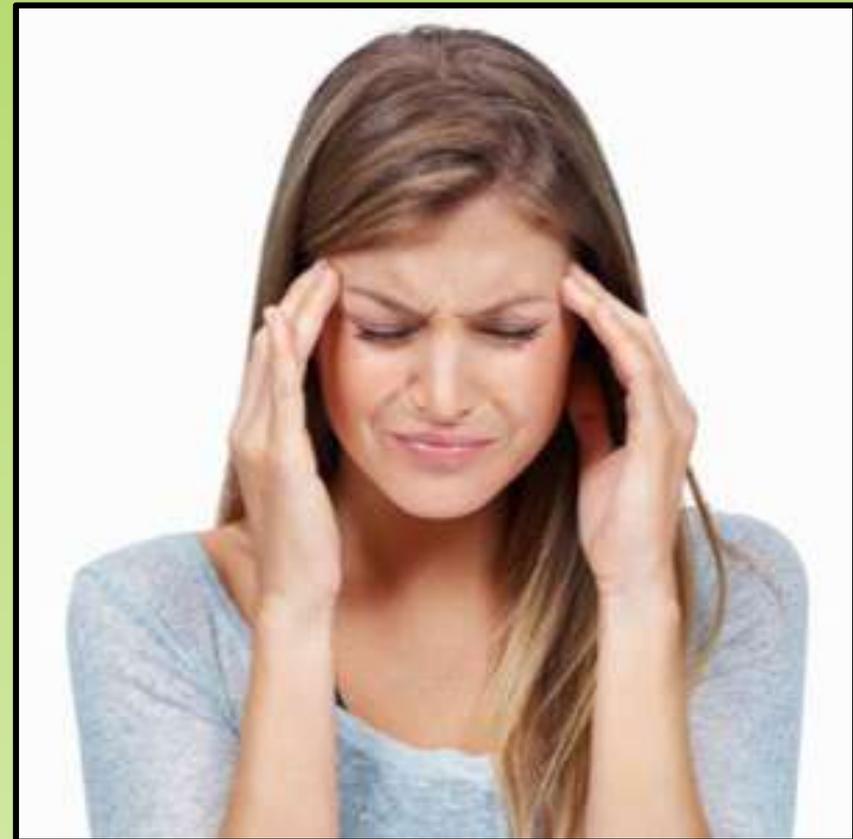


Uncontrolled anger can lead to arguments, physical fights, abuse, assault and self-harm.

On the other hand, well-managed anger can be a useful emotion that motivates you to make positive changes.

PHYSICAL EFFECTS OF UNCONTROLLED ANGER

- Headache
- Digestion Problems
- Insomnia
- Anxiety
- Depression
- High Blood Pressure
- Skin Problems (Eczema)
- Heart Attack/Stroke



EXPRESSING ANGER IN A HEALTHY WAY

- Walk away from the situation until you have control of your emotions.
- Recognize and accept the emotion.
- Try to pinpoint the exact reasons why you feel angry.
- Problem solve strategies for dealing with the situation in advance.
- Do something physical like exercise or playing a sport.
- Seek help if needed.