

## **When You Feel Negative**

When you feel negative emotions, ask yourself why you are feeling them, what you can do about them now, and whether it is the right time to feel emotional pain.

If it is not, take conscious control of the emotions and change them. You can do this by observing your thoughts. How have you interpreted the event to yourself? Our feelings are generated by our thoughts. We can change our mood by simply changing our thoughts.

Treat feelings and emotions as messengers, not eyes and ears, reporting how your body is handling a situation. Take a much longer look at your situation. Usually you can feel better when you know that your feelings are just trying to tell you something.

Learn to control your responses to your feelings and not be controlled by them.

### **Vocabularies:**

Conscious; Aware of one's own existence, sensations, thoughts, surroundings.

Interpreted; To explain the meaning.

Discuss:

1. What negative emotions have you felt lately?
2. How did you handle those negative emotions?
3. Do you believe that people can control their feelings? Why do you think so?