

# Show Up For Yourself

## UNIT 3 CHAPTERS 6 & 7

1. What are your thoughts about the children's TV show analogy in talking about feelings, emotions and triggers?
2. Did this analogy help you understand these concepts in a new way?
3. Will having this explanation help you talk with your children or others about these concepts more easily?
4. Can you relate to anger being like the lid of a garbage can? Does this make sense to you in your life?
5. Are you Oscar or Elmo? When does each show itself for you?
6. Did you before or will you now use any of the tools listed at the end of chapter 6 to help you take care of your emotions?
7. How do you feel your truth or get validation when it comes to trusting yourself?
8. "Healing is a process of sifting through the layers of pain bodies within us and addressing the hurt with the intention to help the hurt transform." How does reading this quote help you reframe the way you have thought about emotional healing?
9. What did you come to understand more deeply about yourself as you read through the parts of: Ready to look at the pain and Not ready to look at the pain? Did you have any ah-ha moments?
10. Are you ready to be vulnerable? What is the experience of being vulnerable like for you?

# Understanding feelings and emotions

## Emotions:

Reactions to feelings and external stimuli.

i.e.: anger, fear, confusion, frustration, sadness, trepidation, impatience, patience, calm, happy, joy.

