

## Some Feelings Facts

- **Feelings** are **MESSAGES** or **Early Warning Signs** from our body that tell us what’s going on inside us
- Our Feelings are **always “ON”**
- **NAMING** our Feelings helps us **“TAME”** our Feelings
- We can feel **SEVERAL** Feelings at the same time
- We can **MASK** one Feeling with another or with our Behaviour

- **PHYSICAL** Feelings are body sensations based on our 5 senses E.g. hot, wet, hungry
- **EMOTIONAL** Feelings relate to our mood state E.g. happy, sad, angry, afraid
- Whilst we experience Feelings **INSIDE** our body, they show on the **OUTSIDE** of our body
- Feelings are linked to our **Brain** via our **Autonomic Nervous System**

**Feelings are just Feelings** – no right or wrong, good or bad;  
**They feel more or less COMFORTABLE** depending on the situation

Our **EARLY WARNING SIGNS** tell us when we don’t feel safe eg butterflies in our tummy, sweating, racing heart, tensing our muscles, etc.

## The Safety Continuum

Feeling  
Unsafe

Risking on Purpose  
Purpose

Feeling Fun To  
Feel Scared

Feeling  
Safe

Having **CHOICE, CONTROL & KNOWING HOW LONG SOMETHING WILL LAST**  
 helps us avoid Feeling Unsafe

