

HANDLING**STRONG
EMOTIONS****Model**

As a teen, you experience many different emotions. Part of growing up is learning to respond to your emotions in a healthy way. Read about Brittany, a thoughtful and active middle school student. Brittany finds a note that her friend Sonya wrote. In the note, Sonya said that Brittany was “full of herself.” When Brittany reads the note, she feels like yelling at Sonya. Instead, she sits down and writes out the steps for handling strong emotions.

DETERMINE THE EMOTION.
I feel sad and betrayed.

EVALUATE THE CAUSE.
Sonya is talking about me behind my back. She wrote something that was unkind and untrue.

ASK FOR HELP (IF NEEDED).
I can handle these emotions myself, but I may want to talk to my sister about my feelings after school.

LEARN TO RESPOND.
I'm going to call Sonya tonight. I'll tell her I found her note and ask her to explain what she wrote.

Practice

Read the following scenario about a teen experiencing strong emotions.

Jason was riding home from school on his new bike. As he coasted down a hill, he ran over a broken bottle and flattened his tire. Jason had to push his bike the rest of the way home. It was hot and humid—a bad ending to a difficult day at school.

1. What emotion is Jason experiencing?
2. What caused this emotion?
3. Do you think Jason needs help to handle this emotion? If so, where could he go for help?
4. What would be a healthy response to this emotion?

Apply/Assess

Think of a situation that created a strong or a long-lasting emotion in you. Show what you know about feelings by illustrating the steps for handling emotions.

Divide butcher paper or poster board into four sections. In the first section, draw a picture that shows how you felt. In the second section, list the causes. In the third section, list people who could help you handle your emotions. Draw a healthy response to this emotion in the last section. Explain your drawing to other students, and tell why your response is healthy.



Practicing Healthful Behaviors

You can deal with strong emotions by following these steps:

- Determine the emotion.
- Evaluate the cause.
- Ask for help if needed.
- Learn to respond in a way that does not hurt anyone.

Self-Check

- Did I illustrate an emotion?
- Did I show a healthy response?
- Can I explain why it is a healthy response?