

Group #3

Emotions

This session has been designed to be run by a single facilitator. A group of individuals might choose to rotate who facilitates each session. The selected facilitator for a given may choose to do extra self-led learning prior to facilitating their topic.

Facilitator Overview

- 1. Check in- ask how the week has been for participants**
- 2. Review group norms & expectations for participation in exploration**
- 3. Facilitate group discussion asking questions and providing information from manual**
- 4. Deliver take home message(s)**
- 5. Set next meeting**

Group Expectations/Norms for Participation in Exploration

Confidentiality

All statements made by members in the group must be treated with the utmost respect and confidentiality. Specific group information will be shared with the treatment team; however, only general comments will be made to parents.

Norms will be read at the beginning of group for full understanding in order to create safety for each session.

Confidentiality is expected from all group members, members should not discuss group outside of group, please bring any issues/comments back to the next group.

Confidentiality creates a safe & trusting environment for the work of therapy. All cell phones/technology MUST be turned off.

What are the expectations of the group?

Arrive, and leave on time.

Group is voluntary. Group will be led by a different member each week. Can be on a rotation.

Sharing about yourself is necessary for you to benefit from group. This may feel difficult for some members initially however small disclosures build trust and safety within the group, which in turn will increase your comfort level when sharing. The premise is what you put into group is what you get out of group.

Note that we encourage balance sharing so that all members get the opportunity to share equally.

There is some structure to each session in that there will be themes for each week.

Direct advice giving and discussion of superficial topics is not helpful in this group.

Feedback is welcomed, as it connects the person giving and receiving and if non-blaming, constructive and relevant to what's occurring within the group it can be deeply meaningful.

Do not come to group under the influence of drugs/alcohol or other non prescribed medicine by your doctor.

Group offers the opportunity to learn more about how you relate to others. Group members are encouraged to ask questions, to wonder about things said or not said, to share associations and thoughts.

Check in. Ask each member how their week has been. Did they practice self-compassion last week? If yes, how? If not, what got in the way?

Ask Question: *What is the purpose of our emotions?*

Facilitate discussion, when appropriate provide some or all of the below information.

Answer: Emotions are evolutionary. They provided an adaptive advantage by warning us of danger and telling us about our needs, which are necessary for survival. Emotions motivate us to act in ways that our thoughts or our reasonable mind can't on its own. Emotions communicate to others; they keep us connected. We need each other- we don't survive on our own. Our relationships are bound by emotion. Emotions communicate to ourselves and what we need to give attention to. Listening to what they have to say is much more effective than labelling them as good or bad.

Provide This Information: *It can sometimes be difficult to identify exactly what we're feeling- there are many elements of experiencing that make up an emotion, and being able to identify one element can help you connect to the others, eventually getting a template of your emotional experiencing. It takes practice*

Emotions

Ask Question: Let's go through a range of emotions and try to identify the specific purpose of that emotion. What is the emotion trying to alert us to?

Facilitate discussion of each emotion

Sadness: Tells us about things that are important to us. Informs us about loss and helps us get comfort and assistance from ourselves and others.

Fear: helps us detect danger and stay safe. Motivates fight/flight/freeze.

Anger: Tells us when our needs and rights are being violated or when important goals are being blocked

Shame: Helps us stay connected with our group or important people in our lives. Helps us grow by informing us of personal characteristics that could lead to us being rejected, so that we can hide them, or if they are already known, engage in appeasement so we stay connected.

Guilt: Helps us maintain our self-respect. Lets us know when we have broken an important value. Helps us repair with others when we have caused harm.

Envy: tells us what we want and admire and drives us to acquire those things

Jealousy: Helps us protect and keep what we have

Disgust: motivates us to distance ourselves from things that could contaminate or harm us, or that we find offensive.

Love: Helps us attach to and connect to others

Joy: Helps us know what we want and like in life

Boredom: tells us we need stimulation or change

Loneliness: tells us we need connection with other people

Pride: tells us we are meeting our goals and helps us maintain our self-respect

Surprise: Tells us when we have detected something unexpected

Provide This Information: Think of emotions like an iceberg. The emotions we display to the world can sometimes be a reflection of those that aren't visible--kind of like the way we only see part of an iceberg from the surface! Maybe you are surprised at the way you reacted to a situation. Reflection is a first step. Asking ourselves these questions and bringing clarity to any confusing feelings or behaviors can help us start conversations with those we love and avoid allowing the emotions to bottle-up inside.

Emotion Iceberg



Questions to ask group members to facilitate discussion

- *Identify one emotion you experience often. What is one strength and one challenge you experience with that emotion?*
- *Could there be other emotions fueling that emotion? (What is on the bottom of the iceberg?)*
- *What are your 'go to' behaviors associated with those emotions? Are they helpful or not?*
- *How can you connect with the primary emotions (bottom of the iceberg)?*

Deliver Take Home Messages:

It can sometimes be difficult to identify exactly what we're feeling- there are many elements of experiencing that make up an emotion, and being able to identify one element can help you connect to the others, eventually getting a template of your emotional experiencing. It takes practice.