

5 ting alle bør vide om følelser

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Emotion Awareness Day 2021

Online



EMOTION AWARENESS DAY

CELEBRATE ALL EMOTIONS!

Why a Emotion Awareness Day (EAD)?

Because emotions are our most important motivational system, and most of us don't know how they work. Emotions have been heavily underestimated in working with mental health. We sometimes talk about our emotions, but we rarely show our real emotions when they don't objectively feel legit, without self-criticism or fear of lonely abandonment, even in close relationships.

Hvorfor være opmærksom på følelser?



De 5 ting alle bør vide om følelser

- 1) Stol på dine følelser
- 2) Giv dine følelser opmærksomhed
- 3) Sæt ord på dine følelser
- 4) Find dine primære følelser
- 5) Mød dine behov

I. Stol på dine følelser

- 1) Adaptive – medfødt potentiale for overlevelse
- 2) Hvordan er følelser hjælpsomme?
- 3) Smertefulde og stærke følelser



2. Giv følelser opmærksomhed

- 1) Hvordan vi undgår følelser
- 2) Hvordan er vi opmærksomme på følelser
- 3) Hvor mærker vi følelserne
- 4) Hvilke slags følelser har vi?
- 5) Hvilke handlinger vækker følelserne?

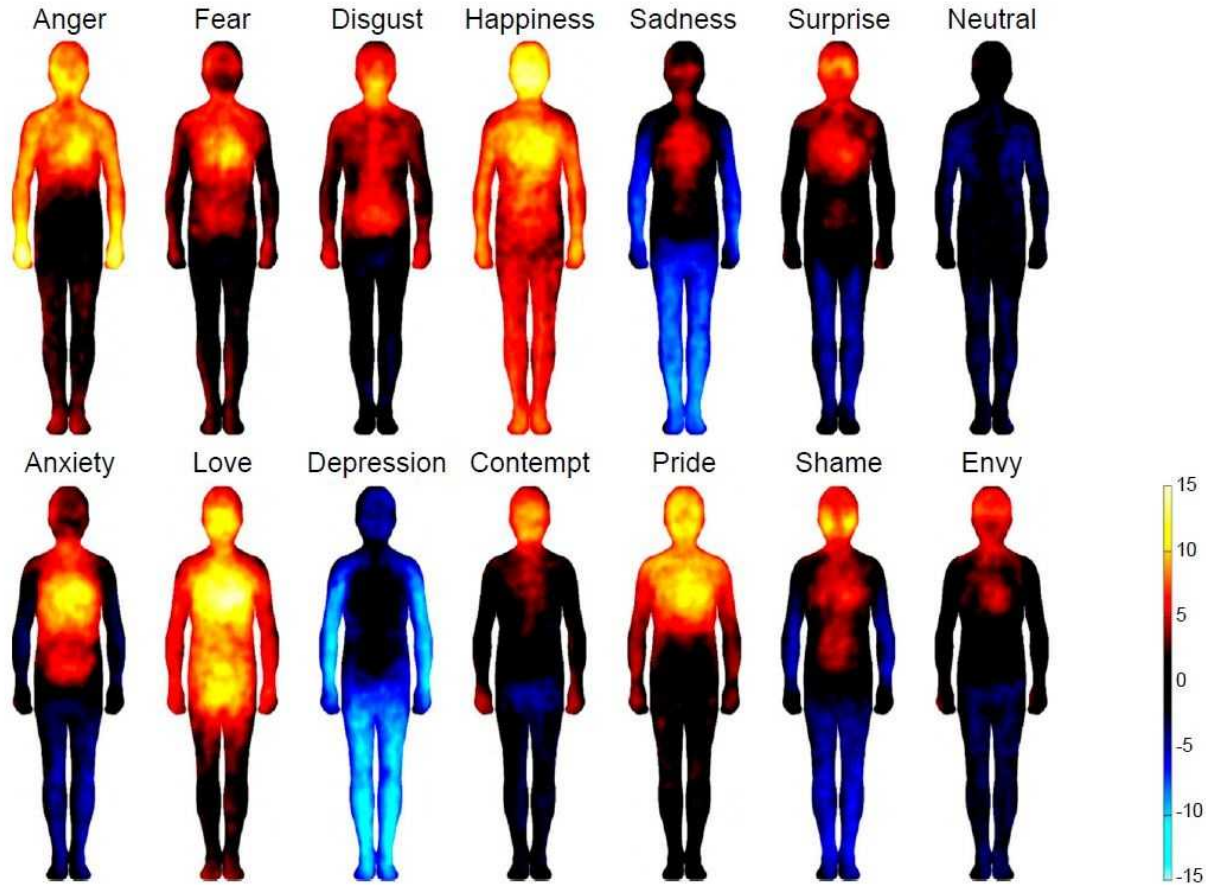


Fig. 2. Bodily topography of basic (*Upper*) and nonbasic (*Lower*) emotions associated with words. The body maps show regions whose activation increased (warm colors) or decreased (cool colors) when feeling each emotion. ($P < 0.05$ FDR corrected; $t > 1.94$). The colorbar indicates the t-statistic range. (Nummenma, Glerean, Hari & Hietanen, 2014)

SITUATION	ADAPTIV EMOTION	ADAPTIV HANDLING
Krænkelse, angreb på selv, familie eller ejendele	*Vrede	Hævde, beskytte, forsvare sig selv
Tab, adskillelse, modgang	*Tristhed	Søge omsorg fra andre (vha gråd)
Fare eller mulig fare	*Frygt, angst	Overvåge, flygte, fryse, forberede sig
Afsløret i at have handlet upsassende/uacceptabelt	*Skam	Rette eller skjule det upassende for at beskytte omdømme og relation til andre
Gøre en værdsat anden ondt	Skyld	Undskylde, rette op på skaden
Frastødende, beskidt, ufordøjelig ting / person	*Afsky	Udstød eller undgå ting eller person
Forandring, nyt indtryk	*Overraskelse, interesse, nysgerrig	Rette opmærksomhed mod, udforske, deltage, nærme sig
Opnåelse af mål, opgave, behov eller relation	*Glæde, lykke	Venlig interaktion, opsøgning af lignende situationer i fremtiden
Højt værdsat anden	Kærlighed, tiltrækning, omsorg	Kontakt, udtrykke positiv anerkendelse; styrke tiknytning/bånd
Lidelse hos en sårbar anden	Medfølelse	Tilbyde støtte, anerkendelse og lindring

3. Sæt ord på følelser

- 1) Forskning viser at ord på følelser hjælper
- 2) Sætte ord på følte følelser vs. tale om følelser
- 3) Find specifikke følelse (ikke globale diffuse)
- 4) Find nuancer i følelserne (ikke klichéer)
- 5) Fokusering

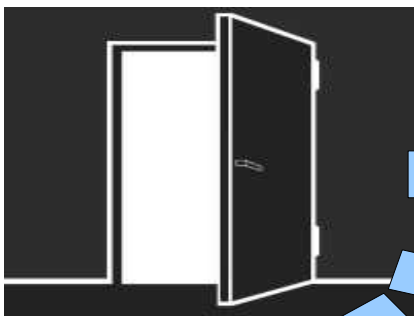
4. Find dine primære følelser

- 1) Følelser bag følelser
- 2) Primære, sekundære og instrumentelle følelser
- 3) Find den basale følelse (ikke sammensat)
- 4) Find den primære følelse (ikke sekundære, instr.)

Situation

Primær adaptiv følelse

Sekundær følelse



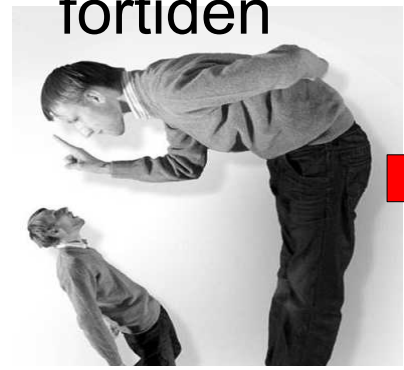
Sorg

Vrede

Oplevelse i fortiden

Primær maladaptiv følelse

Instrumentel følelse



Skam

Krokodilletårer

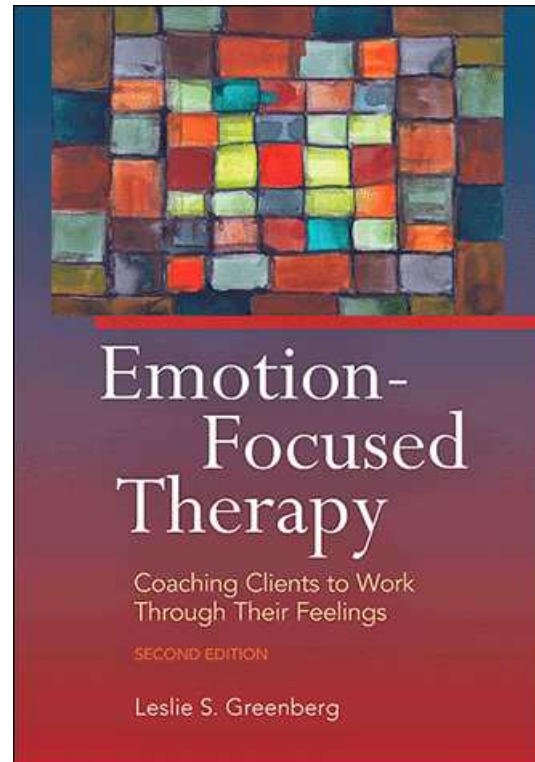
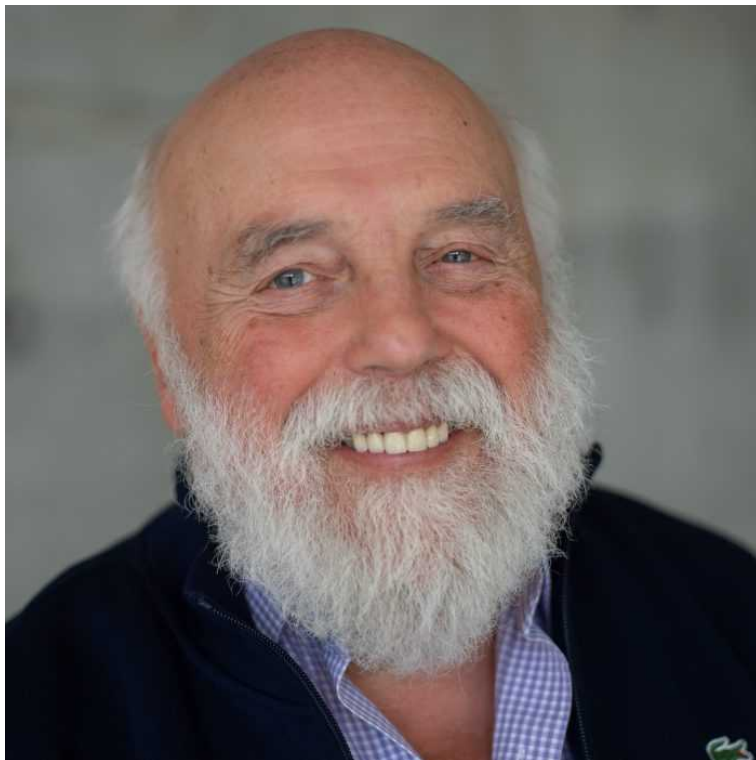
5. Mød dine behov

- 1) Der er behov bag enhver følelse
- 2) Behov for sikkerhed, nærhed og anerkendelse
- 3) Mød dine behov
- 4) Selv-omsorg og stå op for sig selv
- 5) Forhold til sig selv og andre



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I. Listen to your body

Pay attention to the basic sensations in the trunk of your body, stomach, chest, arms, and throat, and pay attention to your face.

Ask yourself,

“What is it like inside? What am I feeling in my body?”

2. Let yourself feel the emotion

Welcome the feeling.

Do not negatively evaluate the feeling.

Accept it.

3. Name the feeling

Put words to your feeling

Find words that help you articulate what it is like inside.

Let the words come from the feeling as much as possible.

4a. Identify your most basic feeling

Ask yourself:

- Is this what I truly feel at rock bottom?
- Is this my most core feeling?

4b. Identify your most basic feeling

To test this, ask:

- Do I feel something else that comes even before this?
- Do I feel something in addition to what I am most aware of feeling?
- Am I trying to accomplish something with this feeling?

If you respond “yes” to any of the last three questions, the feeling is probably not a core feeling. Then listen again to your body and go through Steps 1 and 2 once more. Otherwise, continue on.

4. Identify your most basic feeling

Ask yourself:

- Is this what I truly feel at rock bottom?
- Is this my most core feeling?

To test this, ask:

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5. Establish whether your feeling is adaptive or maladaptive

Ask yourself:

- Is this feeling helpful? Will it enhance my self or my bonds with others?
- Is this feeling a response to other past experiences rather than mainly a response to what's happening now?
- Is there a pattern of recurrent bad feeling here?
- Is this a familiar, stuck feeling?

If your answers to these questions are “yes,” then it is probably an unhealthy feeling, and you should proceed to Step 6. If your answers to the above questions suggest that this is a fresh, new, healthy feeling in response to the present situation, then proceed to Step 7.

6. Identify the negative voice and destructive thoughts

7. Identify the need or goal in your primary painful feeling

- Identify your most basic unmet needs or your primary concerns or goals. Articulate these
- Identify these needs: the unmet need in the unhealthy feeling or, if you are experiencing a primary adaptive feeling, the need in this feeling. Both needs can help you remobilize yourself to change. Feel a new, healthier feeling emerge from the feeling of having deserved to have the need met.

7a. Identify the need or goal

To help identify your need, ask yourself the following questions:

- What do I need? Let an answer come from your emotional state.
- What is my goal here?
- What do I want changed or different?
- What do I want to do?

What are your needs or goals:

- If you are angry, is it protection against an offense?
- If you are sad, is it contact and comfort?
- If you are afraid, is it safety and escape, or soothing?
- If you are ashamed, is it privacy or validation?
- If you are feeling pain, do you need nurturing and healing?

8. Search for your healthy voice

that is based on adaptive primary feelings and needs that might be there, in the background

Identify your healthy core feelings in response to your unmet needs. Figure out what the healthy feelings are telling you. The following are examples of healthy emotions:

- Anger tells you that you are being violated.
- Sadness tells you that you have lost something.
- Fear tells you that you are in danger.
- Shame tells you that you are overexposed.
- Disgust tells you that what you are experiencing is bad for you.
- Pain tells you that your sense of yourself is being shattered.



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