

Frameworks EQ COMMUNITY NEWSLETTER™

EMOTIONAL INTELLIGENCE (EQ) &
TAKING OWNERSHIP OF YOUR EMOTIONS

October 2022
Vol 3 Issue 5



HOW DO YOUR EMOTIONS MAKE YOU FEEL?

by Brian Schank, Senior Education Program Specialist

Taking ownership of our own emotions is the topic for this month's EQ Community Newsletter. To get things started, let's talk about four reasons about why it is important to take ownership of your feelings. First, a lack of ownership of your emotions makes you feel powerless. You are at the mercy of another person and how they trigger your emotions. This causes you to lose personal power instead of taking ownership and looking inward to see what you are telling yourself. Second, it creates a victim mindset. This causes you to give more responsibility to others than having a more introspective look at your own reactions. Third, it stops you from digging deeper into your emotions and determining what things in the past may be influencing your emotions and reactions in the present. It is important to stay curious about your emotions and allow yourself to have empathy for yourself and what you may have gone through. Fourth, it disconnects us from more adaptive emotions. All our feelings are valid and acceptable, and worth exploring, but when you are blaming someone else, you stop short of going deeper and finding the root of your emotions.

EARLY LEARNING

Before they can talk, babies and toddlers are able to show emotion through facial expression, body language, and behaviors. The way we respond is the beginning of helping them in expressing and regulating their own feelings. From a very young age, we can teach children how to name their emotions. The key is teaching children how to understand and express their emotions in healthy ways! By modeling how to show emotions, we are teaching our children how to express their own emotions and label feelings by talking about them out loud. Show and talk about the way your head or heart felt when a certain event happened. Also, when speaking to children, meet them at eye level. This shows a message of safety, trust, and care. Lastly, give children permission to feel and provide assurance. It's ok to feel uncomfortable feelings!

ELEMENTARY SCHOOL

Feelings and emotions are what make us feel alive and connected to the world. This is no different for our children! Teaching our kids the value of owning these emotions allows them to experience a more stable life and leads them to develop resilience. As adults, we do not want to minimize or dismiss uncomfortable feelings; we do not want our kids to learn that feelings are best bottled up. Adults also need to teach children how to recognize a range of feelings. Young children first learn the basic emotions- sadness, fear, happiness, anger, surprise. As adults, we can describe our own feelings and our child's feelings by modeling more complex emotion words. Lastly, encourage the healthy expression of difficult feelings. Using an "I-message" to describe a hurtful situation-prompt your child to use their words as soon as something difficult happens, instead of burying it within.

MIDDLE SCHOOL

We make many decisions throughout the course of our week, and our students and kids do the same. Getting older comes with more agency; they get to choose their own electives, they are choosing their friends and finding out what they are passionate about each day. Our decisions are powerful and have an impact on our lives. One important decision we make is how we choose to react when experiencing an uncomfortable emotion. Take moments during your day to talk through some of the decisions you've made and the emotions that followed afterwards. Our most powerful teaching moments come from our mistakes. Take ownership of the emotions you felt in those moments and model how you used those times to reflect and grow.

HIGH SCHOOL

As our teens take on even more responsibility and face new pressures continue guiding them and asking open-ended questions. Provide a safe space to talk about their emotions without judgement. Leave room for mistakes and model a growth mindset by helping them navigate their emotions and the messages they are sending themselves. Look at the role emotions may take in the decision-making process. Remind them that emotions are temporary and can be comfortable or uncomfortable, but all are normal. Help our teens by accepting and validating their emotions and letting them know you are in their corner.

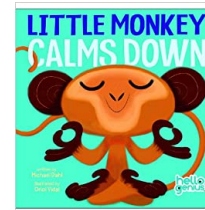


ESSENTIAL EMOTIONS

by Eddie Underwood
Education Program Specialist

RESOURCE & READINGS

by Mabel Filpo
Community Programs Specialist-
Early Childhood



Emotions at their core are an essential part of life. Emotions allow for connection, give direction, and fuel relationships. We all feel and experience emotions. The uncomfortable emotions are the emotions we do not like to experience, however, they are essential to understand, deal with, and regulate yourself. Taking ownership of your emotions is as simple as allowing yourself to *experience* your emotions. Shift your mindset from avoidance to trying to understand what and why you are experiencing certain emotions. Babies and children express emotions with transparency. Unfortunately, as adults, we have learned to hold back emotions. Some of us are taught that it is shameful to “be emotional” or to share how you feel because it is “too much” or “out of control.” To take ownership of emotions, you must believe that it is okay to have emotions and to experience them. Emotions are healthy; own them, feel them, and let them propel you forward.

Naming your emotions and welcoming the uncomfortable ones is one of the first steps to empathizing with yourself. This is a lifelong skill that will be the key to managing your emotions successfully. Naming your emotions allows you to find a healthy balance between emotions and actions. This is also a modeling opportunity for your children that encourages them to acknowledge their emotions and learn how to separate them from their behavior. The links below will take you to Frameworks’ Family resource page and give you access to print the wheel of emotions:

- <https://myframeworks.org/parent-resources/>
- <https://4197r62cmrjs32n9dndpi2o1-wpengine.netdna-ssl.com/wp-content/uploads/2020/07/Emotional-Vocabulary-Wheel-Worksheet.pdf>

To access additional free resources or purchase resources for home, classroom, or office use, please visit our website:



www.myframeworks.org

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Emotional Ownership	Emotional Neglect
When I'm emotionally reactive I ask myself 'why'	When I'm emotionally reactive I tell people they're the 'why'
I understand what situations are emotionally triggering for me & why	I go into situations disregarding my inner emotional world
I observe my emotional reactions to gain self awareness	I don't reflect on my behavior or how it might affect others
I have boundaries and clear limits & understand that others should too	I don't have boundaries & other people decide where my attention is focused
I can empathize with how my reactions make people feel	My focus is on how I feel & only how that affects me

PRACTICING EMOTIONAL OWNERSHIP

by Caitlin Castro
Education Programs Specialist-
Grants Coordinator

Simply put, emotional ownership is the process of regulating our emotions. Most people view emotions as something that has happened to them, instead of understanding that emotions can be managed and regulated. Because of this, adults and children will blame others or adverse circumstances for how they feel. Once we realize this truth, the suffering from uncomfortable emotions-anger, frustration, jealousy, etc.- greatly decreases. We can learn how to take back control of our emotions through these simple steps-

1. Ask yourself- “What is the story I am bringing with me in this situation? What emotions are tied with this story?”
2. When listening to other’s stories, ask- “Can you help me understand...? Can you give me an example of...?”
3. Ask others to share their emotions- “What was that like for you? How did that experience impact you?”
4. Support others’ emotions- “I understand that experience was challenging/powerful for you. I can imagine it must have been frustrating/concerning/exciting for you.”
5. Share your story with others- “May I share my experience with you? It might give you a better idea of where I am coming from.”

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