

01 Summary

In this chapter, you have learnt that:

- Feelings are both physical and emotional sensations that provide you with valuable information about yourself
- There are six components to feelings that help you identify what the feeling is you are experiencing: thoughts; tone of voice; emotions; focus; posture; physical sensations
- Often physical sensations and emotions are connected — understanding one dimension helps you to interpret the other
- Getting specific about what you are feeling, and how you know you are feeling it, means that you can address what you need and avoid things getting worse
- Asking yourself *“Why am I having this feeling?”* is helpful
- Asking yourself *“What information would be lost if I didn’t have this feeling?”* is helpful
- It’s more helpful to be curious than critical!

Next, keeping this learning in mind, you will begin to take a closer look at your current feelings and what you are doing now in terms of managing them.

Because we have introduced overwhelm already, the feeling most commonly named as problematic by people who come to The Helpful Clinic, we continue to work on it in the following chapter. As you progress further through these pages, you will have the opportunity to learn about and work with other feelings too.

