

Lovestruck



Happy



Ecstatic



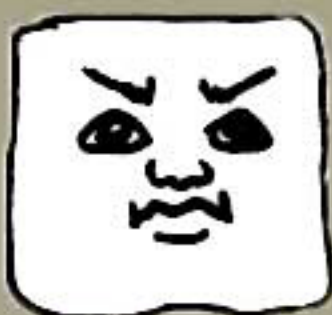
Surprised



Confident



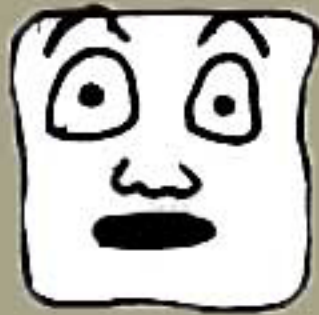
Angry



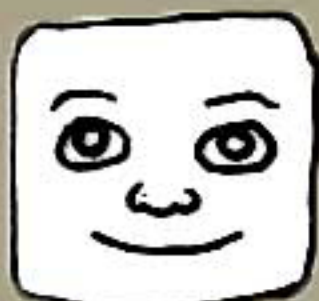
Confused



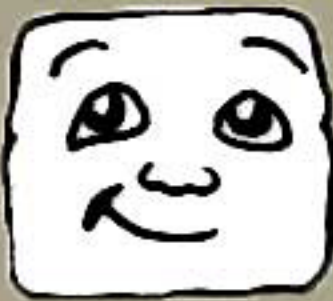
Frightened



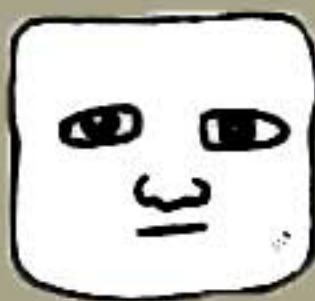
Content



Thoughtful



Bored



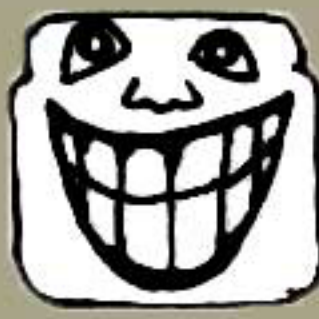
Disgusted



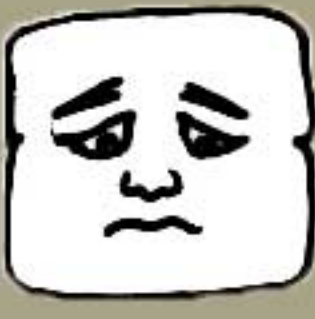
Embarrassed



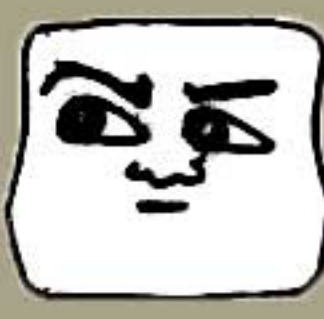
Elated



Lonely



Jealous



Joyous



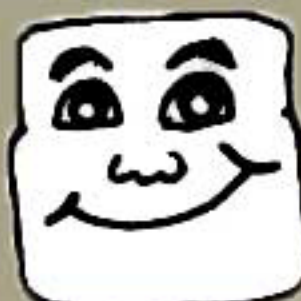
Exhausted



Sad



Grateful





Another great family building idea from Dr. Lawson...

Although the Faces of Feeling can be used many ways, my family has developed a chart system that we use with it. Each family member has a specific magnet with a unique color that is placed on the chart. As soon as we get up in the morning we go to the Feel chart and place our magnet over the specific emotional state we are feeling that morning.

My wife and I then ask our kids about their specific feelings and what caused or created the emotion. Frequently it is related to the dreams they have had during the night, or the fact that they did not get enough sleep, or things they are looking forward to experiencing that day. As the day progresses we change our magnets depending on how we feel. Each time we walk by the feel chart we look at the feeling that is associated with the color/person and make note of how they currently feel and how they have changed. As we notice how the magnet has moved we ask what has caused the emotional change.

We have found that this really helps our children work on understanding how they feel and gives them words to associate with their feelings. It starts great conversations and helps move us into meaningful connections that grow our relationships.

This also gives all of us a context for the other person's reactions and the overall mood of the family. Then we can understand each other better and communicate with respect for where others are coming from. Try it yourself and you will be amazed how your family relationships can grow with good emotional communication.