



Dealing with feelings.....

Have you noticed that whatever you are feeling you think that it will be permanent? But if you watch a bit closer you will see that feelings are like the weather and will always change....

Feelings seem all consuming, we say 'I am angry,' 'I am sad,' as if the emotion is the whole of us. However feelings are just natural things that pass through us and are affected by our hormones, by what we eat, the weather and by what we think.

Lots of people self-injure to deal with feelings that are overwhelming or because they feel numb and want to feel something. Being overwhelmed or numb are both difficult situations to be in.

If you have a belief that certain feelings are wrong and try and squash them, it will be more likely that the feeling will become more intense and become bigger. There is nothing fundamentally wrong with any feeling.

Feelings need to be allowed and expressed, not got rid of.

E-motions are literally energy in motion, something coming through you to be expressed. Different feelings need different expression - anger often needs a physical outlet like running / shouting whereas fear needs something gentle and soothing. See our [Feeling page](#) for lots of ideas.

Things that help me list.....

Write in your [journal](#) and build up a list of things that can help you at different times:

Things that help me when I am angry are.....

Things that help me when I am sad are.....

Things that help me when I am scared are.....

Read [here](#) for how your thoughts affect your feelings.