MOOD STATE MANAGEMENT By Dr. Ken Johnson

EXPRESSING OUR FEELINGS helps us to manage mood state. I call this mood state management. Now for a little information about living the feelings we have inside of us.

If we want to be loved, we must reveal ourselves. If we want to love someone, they must allow us to know them. As obvious as this may be, many of us go through life avoiding such disclosure. In fact, most of us practice concealment by playing roles. We claim to have certain feelings which we actually do not have; we profess to be loving when we're full of hostility; calm, when in reality anxiety is nearly overwhelming us; and to believe in things when in truth we do not.

Even with those persons we care most about, we share little of our true feelings, beliefs, or needs. Perhaps because we want to be loved, we fear the truth that may come with openness and consequently we present ourselves as the sort of person we believe would be accepted and loved — and we attempt to hide the thing we think would damage that image.

Another reason we try to conceal ourselves is the fear of change. For most people, change is frightening and we want to think of ourselves as "constant". We've molded our image and seem to believe we are all that we ever could be when in reality our needs, desires, goals, values, behavior, and feelings change with experience and age. Still another reason we fail to expose our real self is that we don't really know how, we've never been taught how, in fact, we learned more about how to conceal our true identity. The result being that we continue to accept and play our roles. Our society encourages, in fact pressures us, to suppress all of the emotions and characteristics that it considers "unacceptable". Of course, there are times when honest leveling isn't possible and role playing is appropriate in the social system we must be a part of, and which requires certain discipline. The key is "appropriateness" — to be private when we wish, but also able to be honest and open, without fear. We are human beings, alive, always growing and full of feelings — feelings that may be labeled "comfortable" or "uncomfortable," "pleasant," but not "good" or "bad." Feelings are perhaps our most personal possessions and when they are not managed appropriately, they can be devastating.

WE MUST BE ABLE TO IDENTIFY OUR FEELINGS, ACCEPT THEM AS AN INTEGRAL ‘". PART OF US AND MANAGE EACH ONE AS IT COMES, AVOIDING SUPPRESSION WHEN POSSIBLE, AND THEN GO ON TO THE NEXT FEELING -- FOR WITH CERTAINTY, IT WILL COME.

THESE ARE OUR BASIC FEELINGS: ANGRY - SAD - GLAD - AFRAID - ASHAMED – HURT

In the following list are ATTITUDES sometimes called Defense mechanisms which signal that FEELINGS are NOT being expressed!

ATTACKING PROJECTING SWITCHING GENERALIZING WITHDRAWING SILENCE/HUMOR AGREEING BLAMING COMPLYING THREATENING JUDGING MINIMIZING RATIONALIZING DENYING INTELLECTUALIZING.

TIPS ON HOW TO SHARE FEELINGS:

1) Say the FEELING- "I feel angry"

2) Give the SCENARIO - "My spouse told me that s/he'd clean the garage, & it's been 3 days, and is still not done. It was promised to have been done the next day."

3) Express the NEED - "I need you to do the things that you have agreed to do, when you agreed to do them.”

It is important to note I feel that the word that often indicates something other than the FEELING- word is going to be spoken. So as a facilitator Or group and counselor you must be attuned to listing for individuals who say the state and I feel that…….…. When individuals say I feel that, what needs to occur is that the facilitator needs to get the individual and team to repeat the statement I feel and then for them to choose from a list of feelings from the FEELING- chart or FEELING- word list to help the individual recognize what feelings are all about. After this Behavior and or communicative dialogue is repeated several times and the group members and individuals will quickly learn that expressing feelings is a normal part of dialogue and useful for creating a healthy communication.

Here is some word you can practice with by expressing yourself to others.

**Example of NON FEELING WORDS**

FINE O.K. GOOD FAIR GREAT BAD

**A LIST OF FEELING WORDS** BLISS DISGUST LOVE BOREDOM

CLARITY ENVY ECSTACY MOODINESS VIBRANCY DISCOMFORT

SEXINESS SHAME EXUBERANCE SHOCK SENSUALITY ANNOYANCE

ENTHUSIASM IRRITATION PASSION HURT AFFECTION FRUSTRATION

EXCITEMENT NERVOUSNESS JOY DISAPPOINTMENT ALERTNESS HATRED

OPTIMISM HOSTILITY SUPPORTIVENESS DEPRESSION ACCEPTANCE IMPATIENCE

GRATITUDE JEALOUSY SATISFACTION GUILT CONFIDENCE LONELINESS

HAPPINESS WORRY CHEERFULNESS EMBARRASSMENT SYMPATHY ANXIETY

SECURITY GRIEF FORGIVENESS SADNESS PATIENCE EXHUBERANCE.

 Now most of anyone like you and your family can use these positive words when you practice them, and when you do you will find your life improving. IF you need help learning about using these feel free to call Dr. Ken at 386-235-3831.