



#### **FAMILY MEMBERS READ THIS:**

Your adolescent is learning to identify common emotions and to understand that emotions are normal. He or she is also learning to recognize that different people have different emotions triggered by the same situation. Choose a common situation in your home and role-play various emotional responses to the situation with your adolescent. Discuss the factors that contribute to the emotions experienced by your adolescent.

# Same Situation, Different Emotions

## THE RANGE OF EMOTIONS

### REMEMBER THAT EMOTIONS HAVE RANGES SUCH AS

- ☐ Happy: Content, Pleased, Blissful, Ecstatic
- ☐ Sad: Unhappy, Down, Gloomy, Miserable
- ☐ Scared: Nervous, Fearful, Terrified, Petrified
- ☐ Mad: Upset, Angry, Irrate, Furious
- ☐ Lonely: Separated, Isolated, Secluded, Alienated
- ☐ Loving: Sympathetic, Warm, Caring, Adoring
- ☐ Surprised: Shocked, Astounded, Startled, Amazed

### LET'S DO THIS!

Share what you've learned about range of emotions and ask a family member to identify emotions that you both experience frequently. Use a common situation at home to role-play the various emotional responses to the situation with your family member.

After role playing with your family member, answer the following questions:

What emotions do both you and your family member frequently experience? How does it feel to know that you share these emotions in common?

What did you learn from the role-play with your family member? What are some factors that might have caused the emotional responses? How do you think you will respond emotionally to the situation the next time it occurs?

How do you think this experience will help you in your other interactions with people?