

**CORRESPONDING PAGE IN FATHERING HANDBOOK**

**SESSION 3** | Showing and Handling Feelings

Thoughts and feelings have energy. It is the energy that wants to show itself. There are right or respectful and wrong or disrespectful ways to show the energy of thoughts and feelings.

**SESSION 3**  
*SHOWING AND HANDLING FEELINGS*

**Welcome and Warm-up**

1. I was told when I was a boy that showing my feelings or emotions was \_\_\_\_\_ .
2. Today I feel that it is \_\_\_\_\_ to show my feelings or emotions.

**Holding Feelings Inside**

1. One feeling I have trouble handling is \_\_\_\_\_ .
2. When I feel \_\_\_\_\_ ,  
I usually behave \_\_\_\_\_ .
3. It's okay in some cases to not show your feelings or emotions. When you face danger, for example, it's okay to not show fear when fear might keep you from taking action. Men tend to better control their feelings than women. Because men and women process feelings differently, dads don't deal with their feelings in exactly the same way as moms do.
4. All feelings are okay. They're neither good nor bad, they're just feelings. It is the way that we show and handle our feelings that can cause problems.
5. Thoughts and feelings have energy. It is the energy that wants to show itself. There are right or respectful and wrong or disrespectful ways to show the

