



24:7 DAD™

FACILITATOR'S MANUAL

Second Edition

{A.M.}



**National
Fatherhood
Initiative®**

www.fatherhood.org



SESSION 3

SHOWING AND HANDLING FEELINGS

SESSION DESCRIPTION:

This session increases the Dads' awareness, knowledge, and capacity in showing and handling feelings and emotions. Dads learn about two of the emotions that men have the hardest time with—grief and loss—and proper ways to show and handle them.

24/7 Dad™ CHARACTERISTICS (4):

- Self-awareness
- Caring for Self
- Fathering Skills
- Relationship Skills

PRE-SESSION PROCEDURES:

1. Review the standard pre-session procedures in Chapter VI of the *Program Guide*.
2. Write the names of the facilitator(s) on the flip chart. This should be the last time you need to write the name(s) on the flip chart.
3. Write the statements that you will ask the Dads to complete during Activity 3.1 and 3.2 on the flip chart.
4. Gather enough plain sheets of paper for each Dad to use during Activity 3.2.
5. For use during Activity 3.3., write the word **LOSS** at the top of one sheet of flip chart paper and **GRIEF** at the top of a second sheet of flip chart paper. Create three columns or categories underneath each word and label them **COLOR**, **SOUND**, and **SHAPE**.

ACTIVITY 3.1 Welcome and Warm-up
TIME: 20 Minutes
MATERIALS: Flip chart, markers, Fathering Handbook

FACILITATOR’S GOAL:

To welcome the Dads to Session 3 and to initiate a discussion on showing and handling feelings and emotions.

LEARNING COMPETENCIES:

1. Dads increase awareness and knowledge of grief and loss.
2. Dads demonstrate the capacity to identify how they usually show and handle their feelings and emotions and how to show and handle them properly.

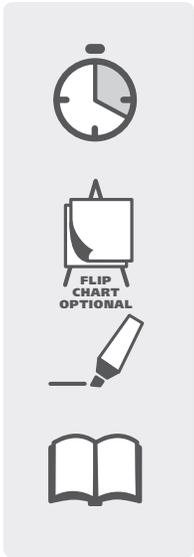
PROCEDURES:

1. Welcome the Dads to Session 3 and mention that today’s session focuses on how to show and handle emotions.
2. Ask the Dads to complete the following statements in their Fathering Handbook (pg. 10).
 - **I was told when I was a boy that showing my feelings or emotions was _____.**
 - **Today I feel that it is _____ to show my feelings or emotions.**
3. Ask the Dads for their responses and write them on the flip chart. Discuss common responses.

I was told when I was a boy that showing my feelings or emotions was...

Today I feel that it is _____ to show my feelings or emotions.

NOTES





ACTIVITY 3.2 Holding Feelings Inside

TIME: 40 Minutes

MATERIALS: Flip chart, markers, Fathering Handbook, sheets of plain paper

FACILITATOR'S GOAL:

To increase the Dads' awareness and knowledge of how to identify and express their feelings and emotions appropriately.

LEARNING COMPETENCIES:

1. Dads increase their awareness and knowledge of the problems caused by keeping their feelings inside.
2. Dads increase their awareness and knowledge of the difference between feelings of comfort and discomfort.
3. Dads increase their capacity to show feelings of comfort and discomfort appropriately.

PROCEDURES:

1. Ask each of the Dads to complete the following statements in their Fathering Handbook (pg. 10).
 - **One feeling I have trouble handling is** _____.
 - **When I feel** _____, **I usually behave** _____.
2. Explain that feelings as well as thoughts have energy, and it is the energy associated with each feeling and thought that wants to show itself.
3. Mention that thoughts and feelings come with every experience we have in our lives. Memories are the thoughts we have about past experiences. Depending on the experience, these memories can be good or bad. Good or joyful times provide us with good memories that give us comfort; bad or painful times provide us with memories that make us uncomfortable.
4. For every memory, there is feeling that comes with it. We can label feelings as either feelings of comfort or discomfort.



NOTE TO FACILITATOR:

If you anticipate or find that the Dads have difficulty identifying feelings they have trouble handling, start this activity by asking them to brainstorm a list of feelings (positive or negative) as a less intimidating way to identify feelings. Then ask them to complete the statements in the first procedure. Simply listing feelings can help Dads identify a feeling they have trouble handling that they might not have thought about without a list to view.



CRITICAL POINT

Over time keeping feelings bottled up causes problems in men's bodies and minds that they struggle with throughout their lives.

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.

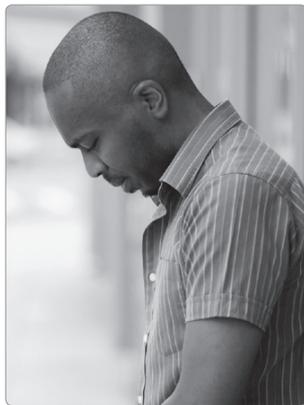
SESSION 3
SHOWING AND HANDLING FEELINGS

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



Talking about feelings in this way takes away the good and bad labels we give to our feelings. It's very important to get away from calling feelings bad or good because every feeling tells us something about an experience.

5. Men learn very early in life not to show feelings and to keep them inside, especially feelings of discomfort. Over time keeping feelings bottled up causes problems in men's bodies and minds that they struggle with throughout their lives.
6. Have each Dad take one piece of paper and tear it into thirds and take them through the following exercise. Be sure to give them enough time in between each step.
 - **Write three feelings, one feeling on each piece of paper), that you have a hard time handling and then fold each one into a small square.**
 - **Now stand up and walk around and take your pieces of paper with you. As you walk around, notice the freedom of your movement.**
 - **Now stop and drop one of your pieces of paper on the floor and cover it with one of your feet. When we choose to hide our feelings, we're basically covering them up.**
 - **Start to walk around again this time dragging your piece of paper with you underneath your foot. Make sure you don't pick up your foot as you walk around. Notice how it's harder to move freely because you chose to cover up or stuff your feeling.**
 - **Stop and drop a second piece of paper on the floor and cover it with your other foot. Start to walk again this time shuffling both feet so you can keep both pieces of paper covered. Remember that you can't pick up either foot.**
 - **Stop and drop the last piece of paper on the floor. Keep both of your feet on the ground and cover up the third piece with one of your hands. Now try to move around again keeping all three feelings covered and pay attention to the sounds of the other Dads.**
 - **Stop and look around. What do you see?**
 - **Pick up your pieces of paper and go back to your chair. Notice how you're able to move freely again because your feelings are no longer covered? When we are able to show our feelings and talk about them, we can move more freely and get on with our lives.**
7. Ask the men to share the feelings they wrote on their papers. Note the range of feelings and point out common responses in the feelings that men tend to bottle up.
8. Mention that every time a person keeps a feeling inside, it takes energy to do it. The more feelings we keep inside, the more energy it takes and the less movement a person can make. When people keep so many feelings inside and never show and deal with them, they become tired, depressed, stressed, and even angry because they have to use so much energy to keep feelings of discomfort bottled up.
9. Tell that Dads that 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



CRITICAL POINT

Tell that Dads that it's okay in some cases to not show your feelings or emotions.

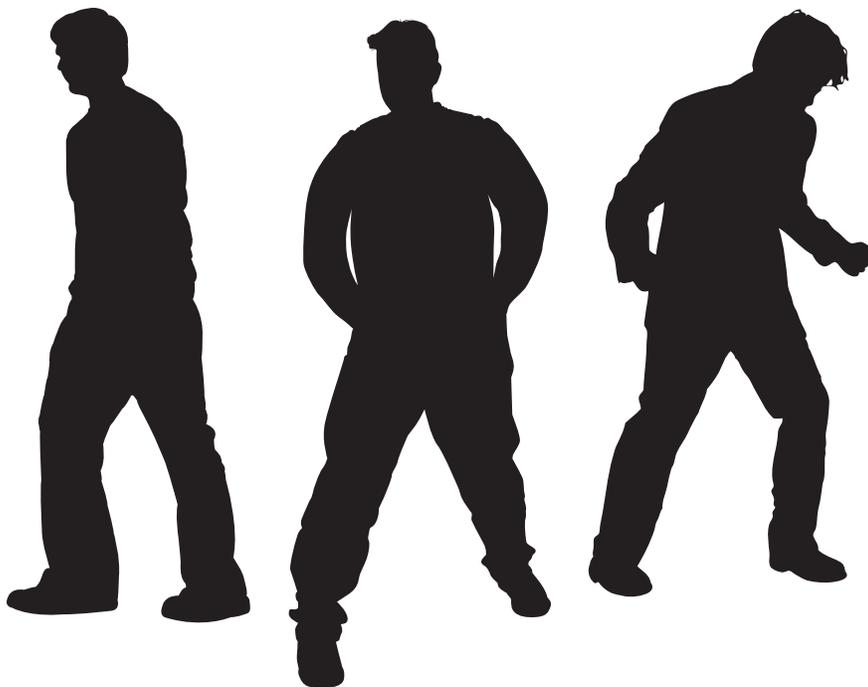
When you face danger, for example, it's okay to not show fear when fear might paralyze you from taking action.



Feeling #1

Feeling #2

Feeling #3





CRITICAL POINT

It is the way that we show and handle our feelings that can cause problems.



paralyze you from taking action. Men tend to be better at controlling their feelings than women. This tendency has advantages in some cases. Because men and women process feelings differently, dads don't deal with their feelings in exactly the same way as moms do.

10. Ask the Dads for examples of how men/fathers and women/mothers show and handle their feelings differently. Write their answers on the flip chart if you have time.
11. Then ask the Dads to share their experiences in keeping their feelings and thoughts hidden.
12. Now mention that all feelings are okay. They're neither good or bad, they're just feelings. It is the way that we show and handle our feelings that can cause problems. Ask the Dads whether they agree with that statement. If they don't, explore why before moving on. Tell the Dads that the same is true about our thoughts. They're neither good nor bad. It's how we act on our thoughts that matter.
13. Remind the Dads that 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. Tell the Dads that the 24/7 Dad follows the rules below when he shows and handles his thoughts and feelings.
 - **Respect Yourself:** **Don't disrespect yourself.**
 - **Respect Others:** **Don't disrespect others.**
 - **Respect the Earth:** **Don't disrespect the Earth.**

Ask the Dads to repeat the rules with you (several times if you wish) and to read along as they do in their Fathering Handbook (pg. 11).
14. Brainstorm with the Dads ways they can express their thoughts and feelings respectfully. Write their answers on the flip chart.
15. Then close out this activity by asking the following question.
 - **What behaviors do you want your children to use to show their thoughts and feelings?**

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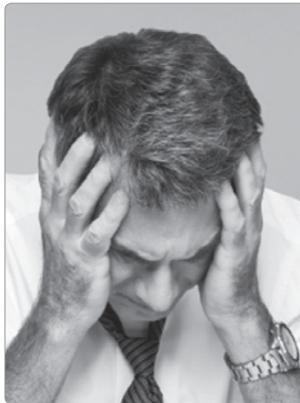
CORRESPONDING PAGE IN FATHERING HANDBOOKShowing and Handling Feelings | **SESSION 3**

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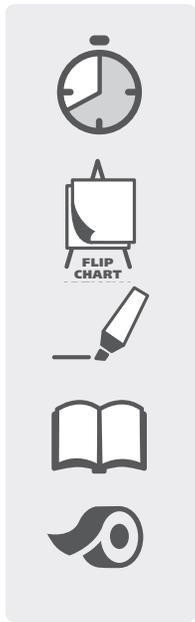
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Grief and Loss

1. Loss means to not have something any longer; to have something taken away by accident, carelessness, parting, or death.
2. You can lose things you can see, such as money, home, a parent or child, or a job. You can also lose things you can't see, such as love, health, respect, and self-worth.
3. Grief is how people react to loss. How people react differs with the kind of loss, what the loss meant to them, how much loss they've had in their lives, and how they handle loss.
4. Men tend to:
 - Not take care of their emotions when they grieve. They hide their grief. They say things like, "It doesn't hurt that bad" or "I'm okay" to keep people away.
 - Take time away or want to be alone to think things through.
 - Show anger more rather than sadness.
 - Grieve through rituals, such as doing or making something.
5. Tips for how to grieve:
 - Show courage. Allow yourself to grieve. Don't hide your feelings.
 - Tell people when you need to be alone to think things through.
 - Don't shut others out.
 - Listen to your body and become aware of how your body reacts to grief. For example, do you get sick to your stomach or get a headache?



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ACTIVITY 3.3 Grief and Loss
TIME: 40 Minutes
MATERIALS: Flip chart, markers, Fathering Handbook, masking tape (if needed to tape flip chart paper)

FACILITATOR’S GOAL:

To increase the Dads’ awareness and knowledge of how to express and handle grief and loss appropriately.

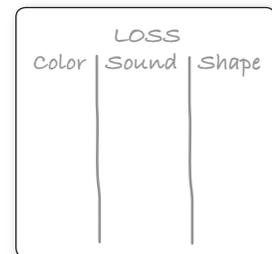
LEARNING COMPETENCIES:

1. Dads increase their awareness and knowledge of grief and loss.
2. Dads increase their capacity to recognize feelings of grief and loss in themselves and others.
3. Dads increase their capacity to appropriately show and handle grief and loss.

PROCEDURES:

1. Tell the Dads that grief and loss are of the feelings that men have the hardest time showing and handling. Two other feelings men have a hard time with are anger and stress. Tell them that they’ll cover those feelings later on in the program.
2. Now turn to the pieces of flip chart paper you prepared for this activity ahead of this session. Start with the flip chart paper with **LOSS** at the top of it and ask the Dads to brainstorm other words that define the feeling of loss. If you wish, write their responses on a separate sheet of flip chart paper and tape it on a wall.
3. Then ask each Dad to respond to the following questions one at a time in a round-robin fashion. Have everyone to respond to the first question before moving on to the second question and so on. Write their responses in the appropriate column on the flip chart. (To save time and space, use hash marks to indicate the number of Dads with similar or identical answers.)

- **What color represents loss for you?**
- **What sound represents loss for you?**
- **If loss were a shape, what would it be?**



4. Now turn to the flip chart paper with **GRIEF** at the top of it. Ask the Dads to brainstorm other words that define the feeling of grief. If you wish, write their responses on a separate sheet of flip chart paper and tape it on a wall.
5. Repeat the questions you asked on color, sound, and shape earlier, but this time replace “loss” with “grief.” Record their answers in the appropriate column.
6. More than likely, what they shared will reveal that it’s hard for the Dads to know the difference between loss and grief, or at least to clearly define them and agree on a color, sound, or shape for them. Regardless, share that loss and grief are tied

CORRESPONDING PAGE IN FATHERING HANDBOOKShowing and Handling Feelings | **SESSION 3**

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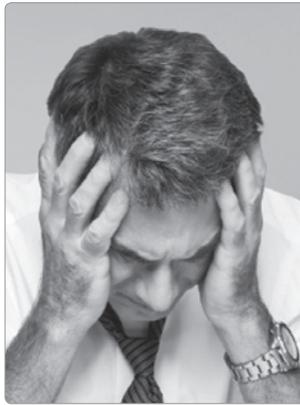
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Grief and Loss

1. Loss means to not have something any longer; to have something taken away by accident, carelessness, parting, or death.
2. You can lose things you can see, such as money, home, a parent or child, or a job. You can also lose things you can't see, such as love, health, respect, and self-worth.
3. Grief is how people react to loss. How people react differs with the kind of loss, what the loss meant to them, how much loss they've had in their lives, and how they handle loss.
4. Men tend to:
 - Not take care of their emotions when they grieve. They hide their grief. They say things like, "It doesn't hurt that bad" or "I'm okay" to keep people away.
 - Take time away or want to be alone to think things through.
 - Show anger more rather than sadness.
 - Grieve through rituals, such as doing or making something.
5. Tips for how to grieve:
 - Show courage. Allow yourself to grieve. Don't hide your feelings.
 - Tell people when you need to be alone to think things through.
 - Don't shut others out.
 - Listen to your body and become aware of how your body reacts to grief. For example, do you get sick to your stomach or get a headache?

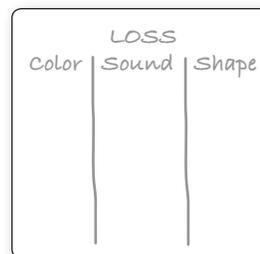


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together in the following way. Tell the Dads to follow along in their Fathering Handbook (pg. 11).

- **Loss means to not have something any longer; to have something taken away by accident, carelessness, parting, or death.**
- **You can lose things you can see, such as money, home, a parent or child, or a business. You can also lose things you can't see, such as love, health, respect, and self-worth.**
- **Grief is how people react to loss. How people react differs with the kind of loss, how much what they lost meant to them, how much loss they've had in their lives, and how they handle loss.**



7. Now tell the Dads that “grieving” is what they do when they try to deal with loss. It helps them to find new ways to deal with loss and can take a week, month, year, or many years depending on the kind of loss and how willing they are to handle loss.
8. Ask the Dads to share losses they've had in their lives and how they handled them. Point out common responses and differences. If the Dads struggle to share something, ask whether they've ever lost a job, a parent, or a friend. Ask whether they've ever lost someone's respect or their favorite team lost a really important game. Be sure they share enough examples to show that everyone has had loss and that they deal with it in some similar and different ways.
9. Next point out that men and women tend to grieve differently. Based on responses the Dads just gave, share ways men grieve that you already heard from them. Then have them continue to follow along in their Fathering Handbook as you share the ways below that most men grieve. Men tend to:

- **Not take care of their emotions when they grieve. They hide their grief. They say things like, “It doesn't hurt that bad” or “I'm okay” to keep people away.**
- **Take time away or want to be alone to think things through.**
- **Show anger more often than sadness.**
- **Grieve through rituals, such as doing or making something.**

10. Tell them that no matter how they tend to grieve, that they grieve their losses, past and present, because if they don't, it can lead to a lot of problems with their health and relationships. Point out that it is manly and a sign that they're a 24/7 Dad when they grieve. Share the following tips for how to grieve.

- **Show courage. Allow yourself to grieve instead of hiding your feelings.**
- **Tell people when you need to be alone to think things through.**
- **Don't shut others out.**
- **Listen to your body and become aware of how your body reacts to grief. For example, do you get sick to your stomach or get a headache?**
- **Use rituals and activity to work through your grief. Spend time outdoors.**



CRITICAL POINT

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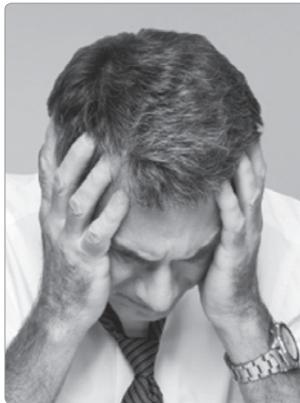
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CORRESPONDING PAGE IN FATHERING HANDBOOK

SESSION 3 | Showing and Handling Feelings



- Use rituals and activity to work through your grief. Spend time outdoors.
- Slow down and reflect on the cause of your grief.
- Stay close to friends you can count on.
- Stay in good health and work out.
- Cry if you need to.

6. One message I got about crying was _____

7. The message I send to my children about crying is _____

8. The biggest loss that I never grieved is _____

What I Learned Log



1. One thing new I learned today is _____

2. On a scale from 0 - 5, how likely am I to use what I learned?

0 = Not at all likely

5 = Very likely

0 1 2 3 4 5

3. What I learned will help me be a better dad because: _____

