



DECISIONS FOR LIVING
WORKBOOK

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The Power of Emotions

Learner Objectives

- Recognize that strong emotions can adversely affect decision making.
- Identify the feelings that may interfere with making good choices.

Key Concepts

Although emotions are an integral part of decision making, clear thinking is necessary for good decision making and strong feelings can overwhelm your ability to think clearly. Identifying these overpowering emotions may require looking at past situations. Think about the times you've gotten in trouble or made bad choices. What were you feeling in those situations? When you know which feelings overwhelm your reasoning, you can use those feelings as a cue for using STAR.

Directions for Individual Sessions

1. Read the page.
2. Discuss strong feelings that can be overwhelming.
3. Follow the Workbook directions to complete the page.

Directions for Group Sessions

1. Read or ask for a volunteer to read the paragraph out loud.
2. Have participants call out feelings that might lead to poor decision making.
3. Write responses on the board.
4. Read the directions out loud.
5. Have participants work independently to list their own emotions on the page.

Processing

Return to the feelings words on the board. Have participants call out situations where a person might experience those feelings. These do not have to be their personal situations.



For Later Review

Complete the following sentence: When your emotions are high, your ability to _____.

Answer: think clearly may be low.

The Power of Emotions

When Your Emotions Are HIGH...



...Your Ability To Think Clearly May Be LOW.

Emotions are powerful. At times, strong emotions rule your internals: your thoughts, feelings, and physical sensations. This can help or hurt you. Sometimes strong emotions can focus your attention and alert you to something important in your surroundings. Other times strong feelings can overwhelm you, reducing your ability to think clearly and make good choices. These are the times you may end up embarrassed, regretful, or in trouble. It's important to be aware of which feelings can interfere with clear thinking.



List the emotions you have that sometimes interfere with thinking clearly:
