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Four Simple Words to Help Sam with Big Emotions



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This is Sam.

God made Sam with many different emotions. Sam's emotions have value. Sam's emotions should not be in charge of Sam's life. Sam is learning how to manage all of them by using four simple words.

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1. SEE

Sam is learning to SEE his emotions.



What other emotions might Sam see?

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2. SAY

Sam is learning to SAY his emotions.

Sam tells God.

God, I feel sad. Please help me learn how to handle this feeling.

Sam tells his safe person.

Mom, I feel sad. Please help me learn how to handle this feeling.

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3. SIT

Sam is learning to SIT in his emotion.



Sad
Sam sits in his emotion looking at it, learning about it, examining it. Sam takes enough time in his emotion, not too much and not too little. Sam is not taking action yet, because Sam is still sitting in his emotion. Sam is not alone in his emotion; God and Sam's safe person are sitting with him.

Questions Sam is asking while he is sitting:
How does my body feel when I have this emotion?
What circumstances are affecting this emotion?
What thoughts are affecting this emotion?
Are the thoughts true?
What do I want to do when I have this emotion?
Would that be a helpful, healthy thing to do?

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4. STEP

Sam STEPs out of his emotion before Sam steps into decision and action.



Emotion Decision and Action
Sam's emotion is still there. Sam is managing his emotion. God and his safe person are helping Sam manage his emotion. Emotion does not control Sam. Sam controls his emotion. Sam makes decisions and takes action based on truth not based on emotion.

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Sam uses TRUTH to make decisions and to take action.

Truth
I am kind to others and to myself. I forgive others and I forgive myself. I protect others and I protect myself. I am honest with others with myself. I am brave, confident, and humble. I am wise in the way that I make decisions and take action. I do what is right, not what is simple or comfortable. God made me. Everything God made is good. I am good.



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four simple words to impact Kids' Emotions



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