



Mental Health Association of Northern Kentucky

A LEADER IN PROVIDING ADVOCACY, EDUCATION, AND SERVICES THAT PROMOTE MENTAL WELLNESS

EDUCATION AND SCREENING OUTREACH PARTNER FOR THE NATIONAL INSTITUTE OF MENTAL HEALTH AND
NATIONAL MENTAL HEALTH ASSOCIATION

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FEELINGS

Need to be owned and expressed for health.

Emerge when you invite them to by challenging your old unconscious rules that have kept them hidden.

Are managed poorly by some of our language structures.

Are not bad. They just are.

Always change.

Are sometimes scary when they emerge because they are bucking what you unconscious believes to be survival rules.

Are not the same as behavior.

Are confusing and hard to identify when you have not learned to appropriately. Outside resources can help you with this relearning.

That may come up during recovery and healing are panic, exhilaration unnecessary guilt, healthy selfishness, letdown, over-eagerness, and a sense of being overwhelmed.

Will not kill or craze you, but repressed feelings might.

When new to you, will require disciplined patience and practice during trial and error expression.

Can be learned by imitating and watching others that are skillful with a particular feeling or by reading about them.

May emerge in fantasies.

Are not necessarily logical.

May seem like a flood at first, after years of repression.

Need validation, from other in the learning state, and always for yourself.

Like rage and grief precede forgiveness.

Can happen in unison or groups, even if they oppose each other, (i.e., love and hate can happen together.

Expression, when newly learned, will change your sense of self and may involve grief for the old self.

Are normal.