

EXERCISE 3. FOCUSING YOUR BODY

Can you recognize and interpret body cues related to the perception of others and the emotions you experience?

Relationships with others, especially help relationships, are rich in emotions that people experience. Psychologists agree that there are several components of emotion:

1. Physiological changes,
2. Non-verbal reactions,
3. Cognitive interpretations,
4. Verbal expression.

Note that physiological changes and non-verbal responses are listed first. They are closely related to our body and our body. Hence, our body gives the first signals about experienced emotions.

Develop the observation of yourself, your body and your emotions in a helping contact with another person. A good introduction to this is relaxation training and mindfulness training.

Relaxation and mindfulness training: You Tube - open source (English, Polish):
Relaxation, mindfulness. Autogenic training. Body weight sensation. - YouTube
Szymon Kukanow - YouTube

Tips for expressing emotions:

1. Notice what is happening in your body,
2. Recognize your feelings,
3. Try to name your feelings (how do you feel, what are you going through),
4. Think where these emotions are coming from,
5. Distinguish between experience and action (behavior),
6. Express your emotions responsibly and deliberately.

QUIZ 3.

Think about your last intervention and the situation in which you provided help to someone. Analyze this situation focusing on your body and the emotions you are experiencing:

1. Notice what was happening in your body:

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2. Identify the feelings you experienced then, try to name these feelings:

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3. Think where did these emotions come from (from the past, present, or did you run into the future)

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4. Distinguish between experience and action (behavior). What actions have you taken:

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5. When and how did you express your various emotions and feelings:

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