

♫ ***I'M DEALING WITH MY FEELINGS (2:50)*** ♫

https://www.youtube.com/watch?v=yxrD52hDvbl&list=OLAK5uy_nJfi5rDvfszvD_4qkRSSENpxhGqcy5NDc&index=5

Song #5 on album Caring and Sharing

YouTube link for album

https://www.youtube.com/playlist?list=OLAK5uy_nJfi5rDvfszvD_4qkRSSENpxhGqcy5NDc

Amazon.com link for album

https://www.amazon.com/Caring-Sharing-Linda-K-Williams/dp/B08L7FC3MY/ref=sr_1_1?dchild=1&keywords=Linda+K.+Williams&qid=1606085768&s=dmusic&sr=1-1

Think and Share Invitations

- * Think and share about a time when you identified and respected your feelings, and dealt with them in a healthy way.
- * Think and share about a time when you did one or more of the following:
 - you were honest with yourself about how you felt, and why
 - if you didn't understand just what it was you felt, you looked inside yourself and puzzled it out
 - someone special helped you talk it out, and figure out your feelings, so that you could call your feelings by name
 - you drew, painted, or wrote about how you felt

CHORUS; PART A:

I'm dealing with my feelings. Whatever they may be,
I will respect and own them; they're a special part of me.
I'm honest with myself about how I feel---and why;
'cause dealing with my feelings is important for a healthy life!

BRIDGE: But sometimes I don't understand just what it is I feel...

CHORUS, PART B:

So, I'll look inside myself and see if I can puzzle it out;
often, special people can help me talk it out.
Sometimes I'll draw or paint or write about what I feel---
and it helps when I can call my feelings by name;
that helps me deal...with...them.....

FEELINGS VERSES:

Maybe it's ANGER--- "I'm so ANGRY, I could just explode!"
or DISAPPOINTMENT--- "I'm DISAPPOINTED that didn't work out."
Maybe SADNESS--- "I'm so SAD---I'm gonna cry!"
or EMBARRASSMENT--- "I'm so EMBARRASSED, I want to hide!"
Maybe FEAR--- "I'm so AFRAID; I'm really SCARED!"
Or FRUSTRATION--- "I'm so FRUSTRATED--- nothing's going right!"
Maybe CONFUSION--- "I'm so CONFUSED---I don't know what to think or do!"
or JEALOUSY--- "I'm really JEALOUS---I wish that were me!"

CHORUS, VARIATION OF PART B:

Yes, I looked inside myself and I was able to puzzle it out;
also, special people really helped me talk it out.
I drew a picture and wrote a bit about what I was feeling---
and it helped for me to call my feelings by name;
that helped me deal...with...them.....

CHORUS; PART A:

Yes, I'm dealing with my feelings. Whatever they may be,
I will respect and own them; they're a special part of me.
I'm honest with myself about how I feel---and why;
'cause dealing with my feelings is important for a healthy life!
Yes, dealing with my feelings is important for a healthy life!

Please note: more feelings could be added in additional verses

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