

# R U L E R

Recognizing, Understanding, Labeling, Expressing, Regulating Emotions in Families

*Tips we can all practice to help families feel better and build stronger relationships.*

1. Pay attention: We all have feelings all the time - they come, they go - they're all okay. Emotions are signals we can learn from; they carry important information and can help us connect with each other.
2. Feel your feelings: Our feelings make us human. Noticing and naming our feelings helps us know ourselves better and make smarter decisions. We can all be better about enhancing feelings that make us feel better, versus the ones that don't.
3. Talk about your feelings: Engaging in conversations with family members about feelings helps us understand and feel closer to one another. Sometimes conversations help us untangle why we feel what we do, and get clarity about what to do next.
4. Listen: to understand: not to judge, deny, or dismiss one another's emotions.
5. Be curious: Being curious "emotion scientists" about ourselves and others can lead to discoveries that enliven our relationships and help us understand our thoughts, feelings, and behaviors. Getting at the underlying feeling and its cause is critical to providing the best possible support.
6. Show empathy: We all want to feel understood. While we may not agree with one another's actions, it is important that we try to accept and understand one another's feelings. When we do this, we build emotional safety, trust, and closeness.
7. Choose your response wisely: Having feelings is different from acting on our feelings. We don't have to react immediately to something that someone says or does, or be derailed. We can slow down (breathe), feel our feelings, think about our best self, and choose a response that we feel proud of, rather than regret.
8. Remember there's more than one view: We often feel we're right, but there might be another way to look at it, without necessarily making our view wrong. Sharing different points of view within a family can be healthy.
9. Stay connected: Take time every day to reach out to loved ones to let them know you are thinking about them.
10. Have the courage to repair: After an argument or being disappointed in a loved one, don't be afraid to be the first to reach out. Say you're sorry if you know you've hurt someone's feelings.
11. Add a dose of kindness: Your relationships will be warmer, and when you look back on your life, you'll be glad you were kind and compassionate to one another.

- ✓ Validate all emotions
- ✓ Use a more elaborate "feeling word" vocabulary
- ✓ Be a role model!

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辨识、理解、标记、表达、调节家庭成员的情绪

## 有助于家庭成员改善情绪并巩固关系的实用窍门

1. 留意你的感受：我们的情感无时不在——尽管情感总是有起有伏，但是这种变化起伏是正常的。情绪是一种信号，它不但包含着很多重要的信息，还可以加强人与人之间的联系。
2. 体会你的感受：情感是人类独有的。意识到并描述我们的情感有助于我们更好地了解自己，并做出更明智的决定。我们每个人都能够在改善情绪方面做得更好，强化我们的正面感受，削弱负面感受。
3. 说出你的感受：与家人进行交谈，讨论各自的感受，这可以帮助我们加深相互理解，增强彼此间的亲密感。交谈往往可以帮助我们反思感受背后的原因，由此更清楚之后应该怎么做。
4. 学会聆听：去理解，不要急于判断、否认或忽视其他人的情绪。
5. 保持好奇心：做一个对情感好奇的“情绪科学家”。这能够活跃我们的人际关系，同时帮助我们理解自己的想法、情感和行为。了解人的基本情感及其形成原因，对于为他人提供最佳的帮助至关重要。
6. 表明同情心：我们都想被人理解。虽然我们可能不赞同他人的行为，但是努力去接受和理解他人的感受是非常重要的。这样做的时候，我们也能增强情感方面的安全感、信任度以及亲密程度。
7. 明智地选择应对方式：拥有情感不同于依感情而行动。我们不必对他人的所说所做立刻做出回应。我们可以慢下来深呼吸，体会自己的感受，思考怎样展现自己最好的一面，然后选择一个能让自己为之骄傲且不留遗憾的应对方式。
8. 牢记凡事都有多重视角：我们经常认为自己是正确的，但是可能还有另一种看问题的方式。不同思考方式的存在并不意味着我们的观点就是错误的。在家庭中分享不同的观点有利于创造健康的氛围。
9. 保持联系：每天都要留些时间和亲人交流，让他们知道你的心里有他们。
10. 有主动和好的勇气：与亲人争吵或对亲人失望之后，不要害怕主动跟对方交流。如果你知道你伤害了他人的感情，要说对不起。
11. 多一点善良：你的人际关系会因此更加温馨。当你回首往事时，你会为你的善良和对他人的慈悲而感到欣慰。

- ✓ 承认所有不同的情绪
- ✓ 运用更加精确的词汇来描述情感
- ✓ 成为一个榜样！