

Excerpts from *Put Your Feelings Here . . .*

A VERY BRIEF SURVEY

1. I am a robot I am a human

(Check the box that applies to you.)

Okay, IF you checked that you are a robot, give this book away right now. You will have no need for it since robots don't have emotions.

IF you checked that you are a human, READ ON, because ALL humans have emotions and ALL humans can use some tips on managing them.

2. I am a teenager—or in the near vicinity I am not a teenager—or anywhere close

(Check the box that applies to you.)

IF you checked that you're a teen—or close—there's a good chance you not only have emotions, but you also have BIG emotions, somewhat often, and sometimes more than one at a time. You may also swing between one and another fairly quickly.*

*This is because during the teen years your body, brain, and hormones are going through more growing and changing than at any other time in your life. These changes can cause your average human emotions to feel BIGGER, or more intense, than usual, and sometimes overwhelming.

IF you checked you are not a teen—it's still very likely that sometimes your average human emotions can feel out of control. (Because while emotions are totally normal, they can also be tricky and surprising.)

. . . Despite what well-meaning people may have told you, there are no feelings that are wrong or bad or that you shouldn't feel. (What you DO with those feelings can have positive or negative consequences!) But, in and of themselves . . .

ALL FEELINGS ARE OKAY.

(You might want to underline or trace over this statement a few times.)

You can learn ways to regulate and reduce intense emotions to make them more manageable. This book is designed specifically to help you do that.