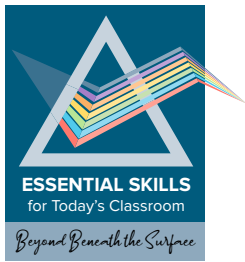




HAPPINESS and JOY



Behaviour + **Urge**

- Smiling
- Being bouncy
- Sharing the feeling
- Affection
- Enthusiasm

- To keep doing whatever is making you happy

1

Function → **I Need**

Happiness tells me...

- Things are working out well, perhaps better than I expected
- I have experienced success or another outcome I was really hoping for
- I am with friends, family or people I really care for and trust

- To keep doing what I'm doing!
- To pay close attention to the situation so I can fully take it in and enjoy it

3

Body Sensation & Examples

- Heart beating fast
- Hot - Cold
- Warm face
- Ready to explode
- Heavy
- Relaxed
- Calm
- Balanced
- Strong
- Full of energy
- Light
- Pressured
- Rough

Where do you feel it in your body? ??

2

Try this!

Keep a list of small successes, moments of kindness, or other things that made you really happy to review when you're having a more difficult day.

4

Questions to Reflect

- When do I feel the most happy?
- What does the happiness tell me to do?
- Where do I feel it in my body?
- My feeling makes sense because...

5

References & Future Reading

Gottman, J. M., DeClaire, J., & Goleman, D. (2015). *Raising an emotionally intelligent child*. Simon & Schuster Paperbacks.

<https://www.gottman.com/blog/an-introduction-to-emotion-coaching/>

<https://emotioncoaching.gottman.com>

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