

Peer Mentoring – Young People

Session 3

Different Styles of Responding to Emotions



Disapproving style

- Disapproves of feelings and tries to **control** them
- Thinks feelings are sign of weakness, lack of control
- Thinks feelings are lack of respect, sign of bad behaviour

- Tries to **get rid of** feelings by
- telling off
- punishment



Dismissing style

- Wants to make person feel better but **ignores** feelings
 - Thinks feelings should be 'got over quickly'
 - Thinks paying attention to feelings will make them worse
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- Tries to **stop** feelings by:
 - ignoring
 - distracting
 - making light of them



Disapproving and Dismissing messages

‘It works so it must be good!’

BUT

- What you are feeling is not right
- You must not feel this way
- You can't trust your feelings
- You can't learn to sort it out

Emotion Coaching Style

- Accepts **all** feelings as **normal** (*but* not all behaviour is acceptable)
- Feelings should always be acknowledged (no matter what the behaviour)
- We should learn to regulate our feelings (to help control our behaviour)
- Tries to **acknowledge** feelings by:
 - Labelling feelings
 - By being empathetic to the feelings
 - By setting limits only on the behaviour
 - By supporting ways to regulate feelings and behaviour



Emotion Coaching Messages

- It is *normal* to have *all* feelings
- Feelings can be *regulated* by ourselves (not by others)
- We can *sort out* our problems and conflicts
- Some behaviour is not acceptable *but* all our feelings are

