


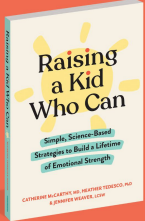
Feeling Uncomfortable  
**TOLERATING  
DIFFICULT  
FEELINGS**

Flint Hill School  
APRIL 3, 2024

| Jennifer Weaver, LCSW  
| Amy Killy, LCSW



weaver and associates



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Catherine McCarthy MD  
Heather Tedesco PhD  
Jennifer Weaver LCSW

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**5** PSYCHOLOGICAL ADAPTABILITY

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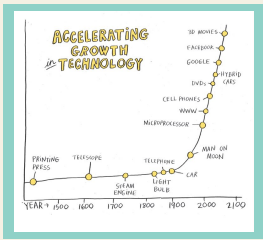
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## THE AGE OF ADAPTABILITY



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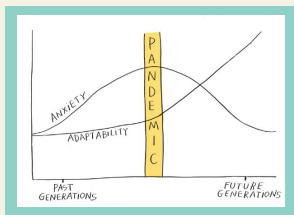
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## PSYCHOLOGICAL ADAPTABILITY



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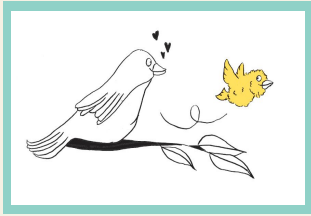
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## THE BIRD AND THE BRANCH



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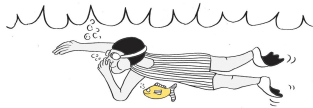
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## LET'S TALK ABOUT THE SCIENCE

A non judgemental stance and true willingness to feel more negative feelings decreases a person's discomfort over time, both in duration and in intensity



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## THREE PILLARS OF HEALTHY FUNCTIONING



1

Name your feeling.



2

Accept your feeling.



3

Be nonreactive to your feeling.

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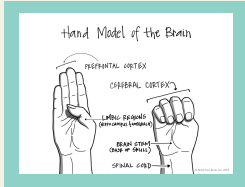
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# FLIPPING YOUR LID



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# TRY FEELINGS ON FOR SIZE



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# FEELINGS ARE LIKE HICCUPS



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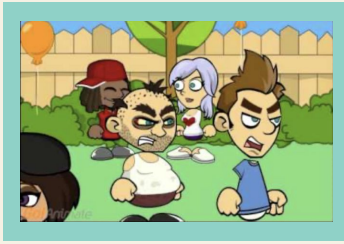
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## UNWANTED PARTY GUEST



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- \* Science tells us that kids function best and recover more quickly when they can recognize, name and most importantly accept their feelings.
- \* Tolerating feelings allows them to move through the body and mind faster than fighting (or fighting them).



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### PRO TIP: LOOK FOR FEELINGS UNDER FEELINGS

- \* When the chemical experience of emotion is turned on, we tend to quickly put that emotion in our most familiar bucket
- \* Recognizing and naming the “underneath” feelings will show you and your children the feelings that actually need to be seen and accepted

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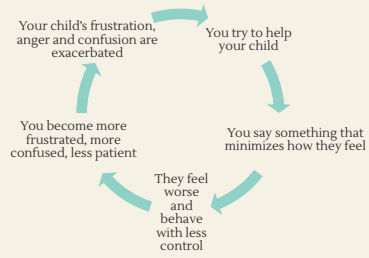
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## CYCLE OF INVALIDATION



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invalidating environment  
+  
sensitive temperament  
=  
emotional dysregulation

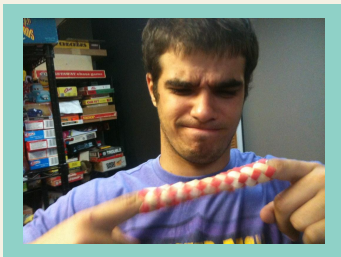
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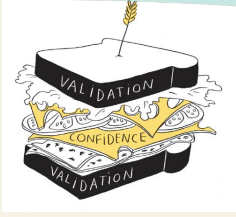
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# THE VALIDATION SANDWICH



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VALIDATE,  
BUT THE  
ANSWER  
IS STILL  
NO



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\* start by broadening emotional vocabulary

Preschool Emotions Wheel

Emotions Wheel

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CHECK THE TEMPERATURE

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BUST A FAB

I FEEL... hurt

ABOUT... not being included

BECAUSE... I worry you dont feel we're close friends anymore

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BEAR WITNESS



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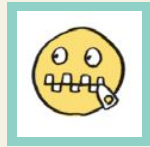
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DOING NOTHING IS POWERFUL



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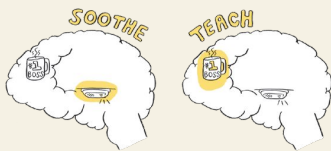
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DON'T OFFER A LECTURE TO A PERSON WHO NEEDS A HUG



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NAME THE FEELING... AND WAIT



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PRO TIP:  
THE SHRUG

- \* Technique for modeling how to tolerate big feelings
- \* The formula:
  - 1 Validate the feeling.
  - 2 Shrug
- \* Do it kindly, not snarkily.

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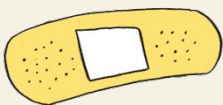
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PRO TIP:  
THE OUCH



- \* If your child can name their feeling, you can respond with a very genuine but accepting "Ouch"
- \* Finish with a shrug.

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# AVOID AVOIDANCE ACCEPT ANXIETY



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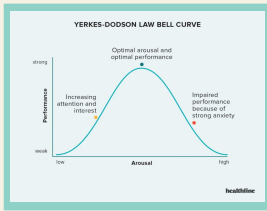
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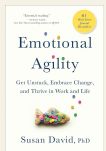
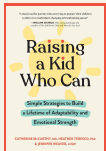
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DIVE



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**WRAPPING UP**

**Q & A**



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