

# EMOTIONAL LITERACY SURVIVAL KIT

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*A quick, creative, easy and fun way  
to learn to be more emotional literate.*

# WHY IS EMOTIONAL LITERACY IMPORTANT?

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1. “We have to have emotional literacy to practice empathy and self compassion. We have to have a vocabulary to talk about our emotions.
2. The average number of emotions that people are able to name is three: Happy, sad, depressed. That is not enough.
3. The more accurate you can name an emotion the quicker you can move thru it, the quicker you can address it.”

~Brené Brown

Emotional intelligence is defined by Oxford Living Dictionaries as the “capacity to be aware of, control, and express one’s emotions and to handle interpersonal relationships judiciously and empathetically.” Emotional intelligence — just like all forms of intelligence — must be learned through repetition and practice.

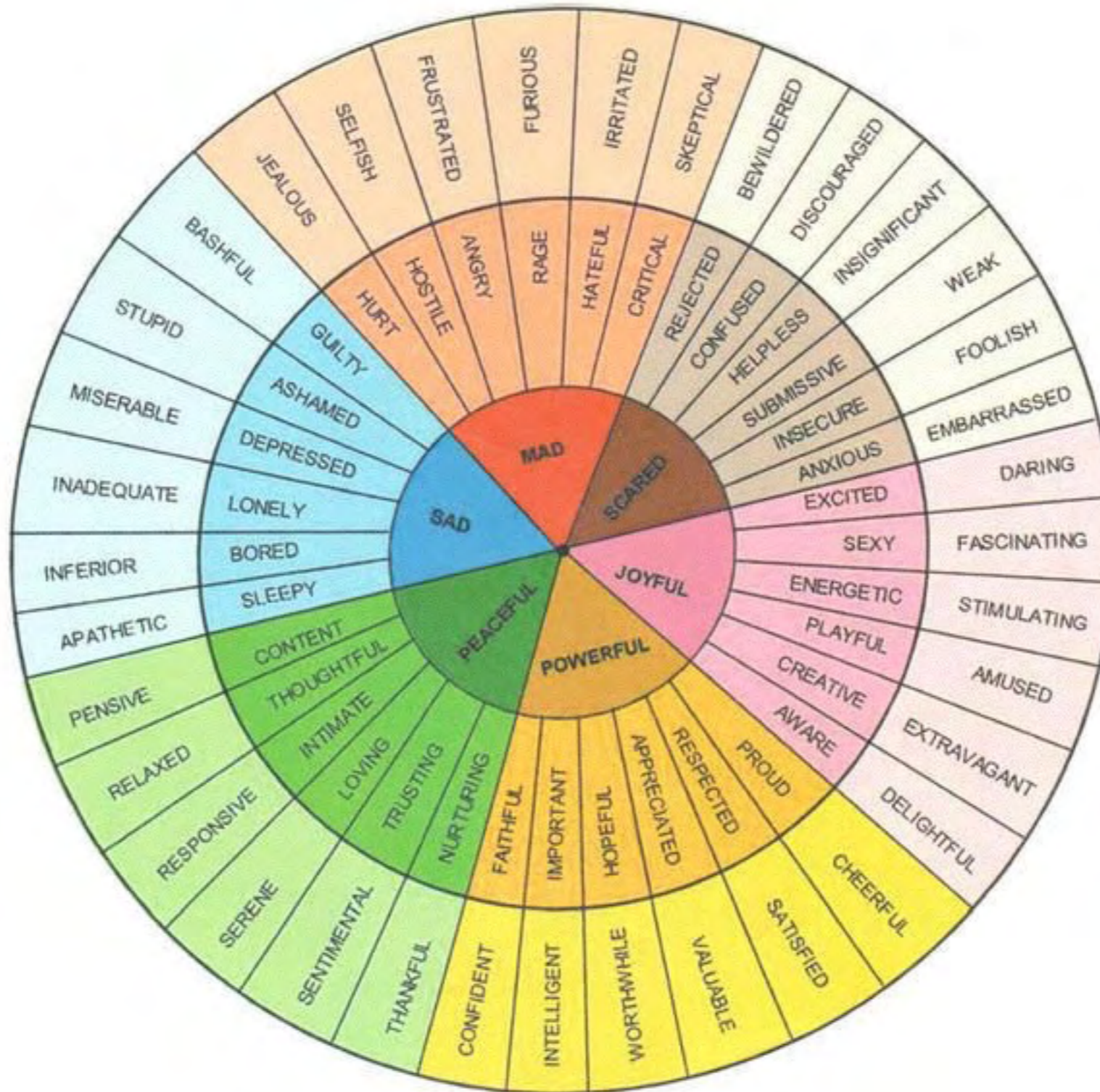
# ROBERT PUTCHKIN'S BASIC EMOTIONS:

You can also download the [list of emotions from Byron Katie](#)



# THERE ARE MANY WAYS OF GROUPING EMOTIONS:

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# WHY I MADE THIS KIT

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- I was introduced to the concept of **emotional literacy** by a dear friend and coach, Debbie Happy Cohen a while ago. She suggested to stick a list of emotions to the frame of my door, and every time I walk by to name how I feel. I adapted it a bit and stuck in on the wall opposite my toilet, hehe. This was very helpful not only to my understanding of myself and others but also to my art. I noticed that it helped me express myself more creatively. I also did a course in art therapy and fell in love with doodling and zen mandalas, which are so easy to do.
- An artist friend of mine, Michele Stone, who also did a similar art therapy class, had the idea to include what we had learned into a more creative combination of the two and came up with an “emotional colored pie”. Here is a YouTube video of her explaining it. She invited me to teach a class with her to the Joy Based Community, founded by Debbie, which we are part of. And they loved it so much that we did a follow up class.
- I wanted more people to try it and had a few friends in mind that would benefit from this exercise. So I thought a little book to print and carry with you might help you and remind you that you have a place to come back to and do some creative self-care anytime you want.

## WHAT YOU NEED:

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1. Print this ebook and staple it on the left side or on the top if you prefer.
2. Add a few color pencils or pens of your choice.
3. Put the two in an easy to carry pouch and add it to your every day bag or in an easy to access location where you will remember to do it often.
4. Have fun!



# HOW TO MAKE A FEELING PIE:

DATE:

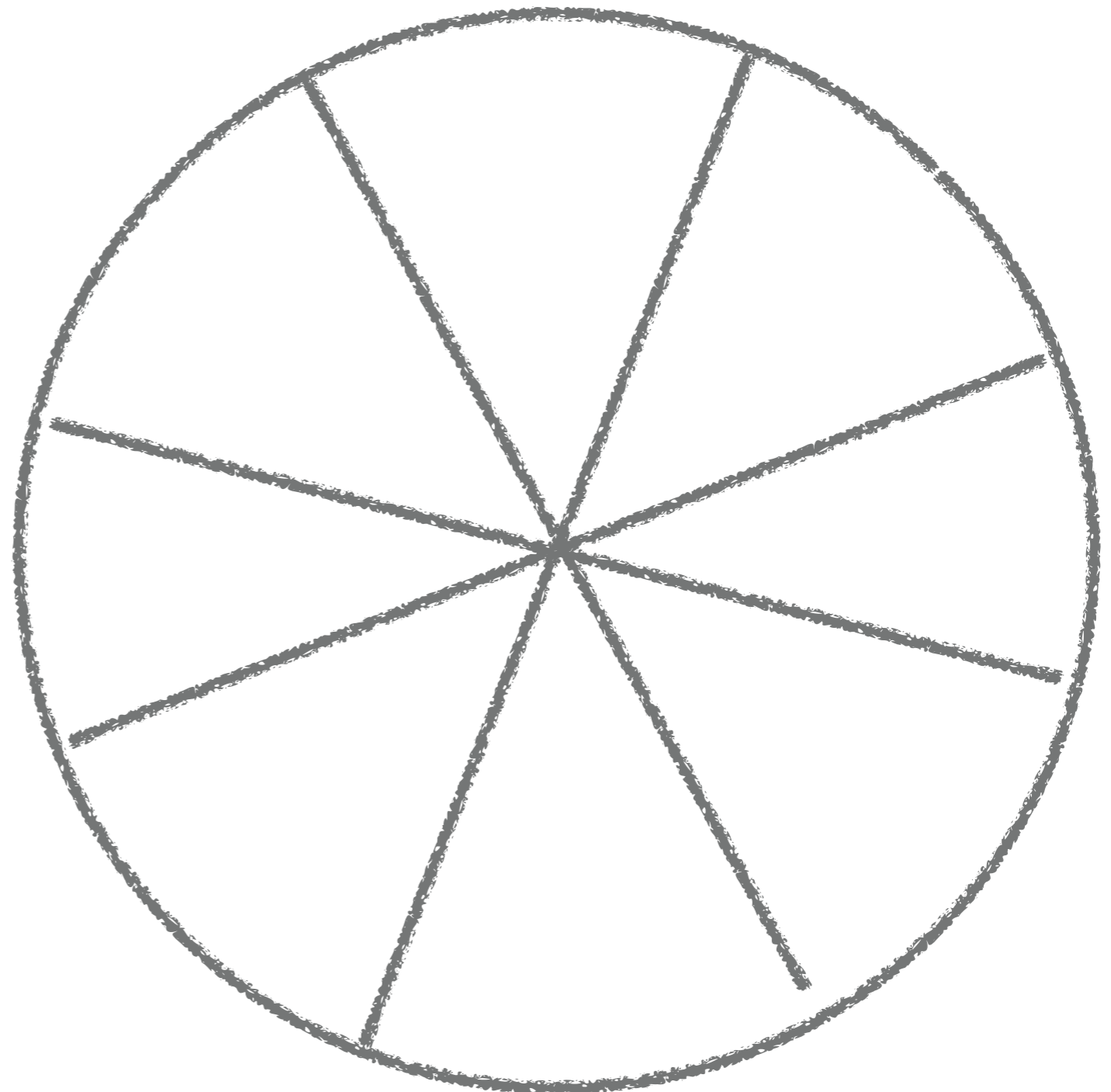
Write down the main feelings of your day. Assign a color to each (your choice) in the space below. Fill the pie with the colors according to the amount of impact it had in your day.

*I am feeling . . .*

*I am feeling . . .*

*I am feeling . . .*

*I am feeling . . .*



# SAMPLE

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DATE : 8/11/19

emotions



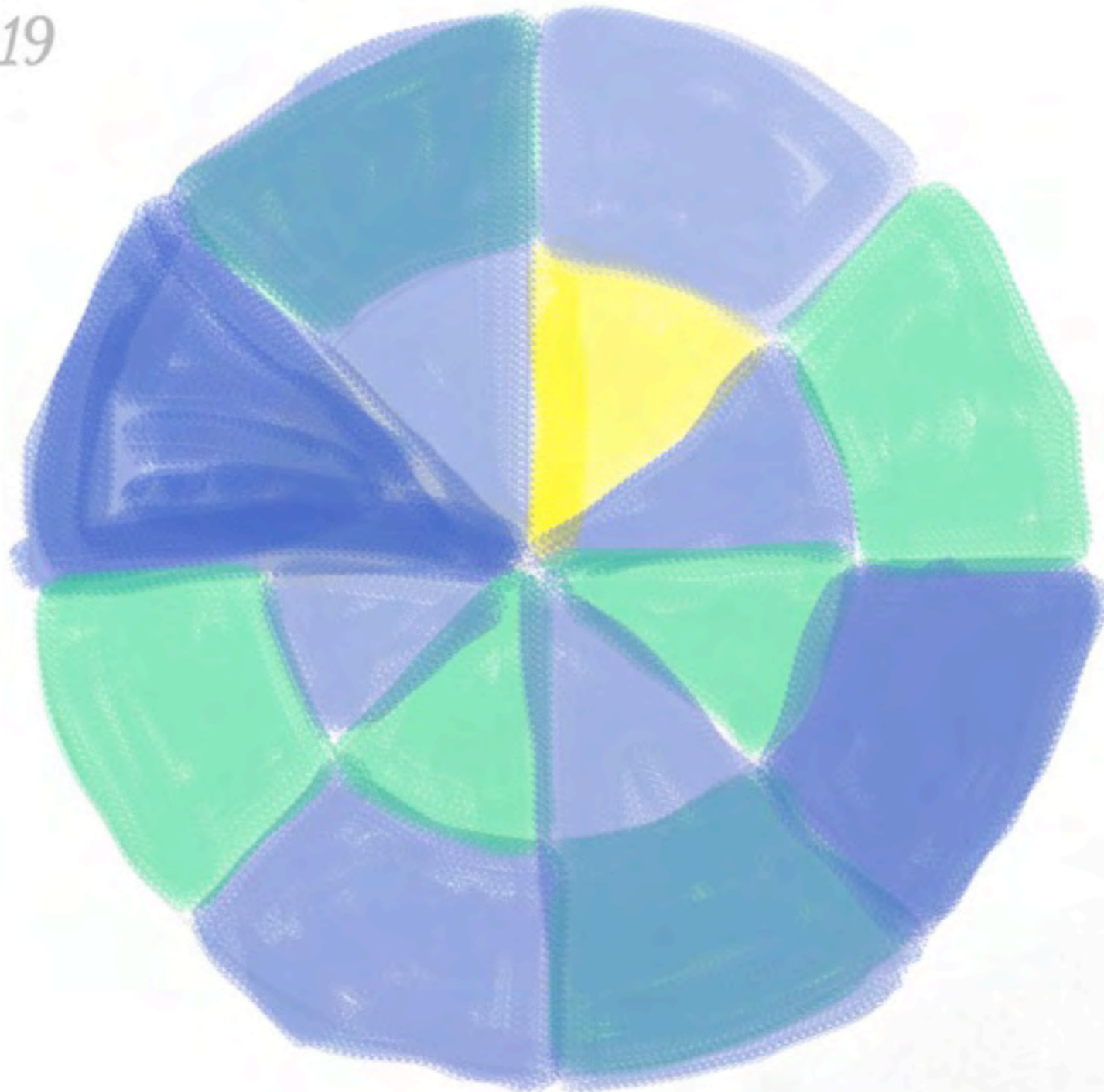
*lonely*



*inspired*



*relaxed*





# MAKE YOUR OWN FEELING PIE:

DATE:

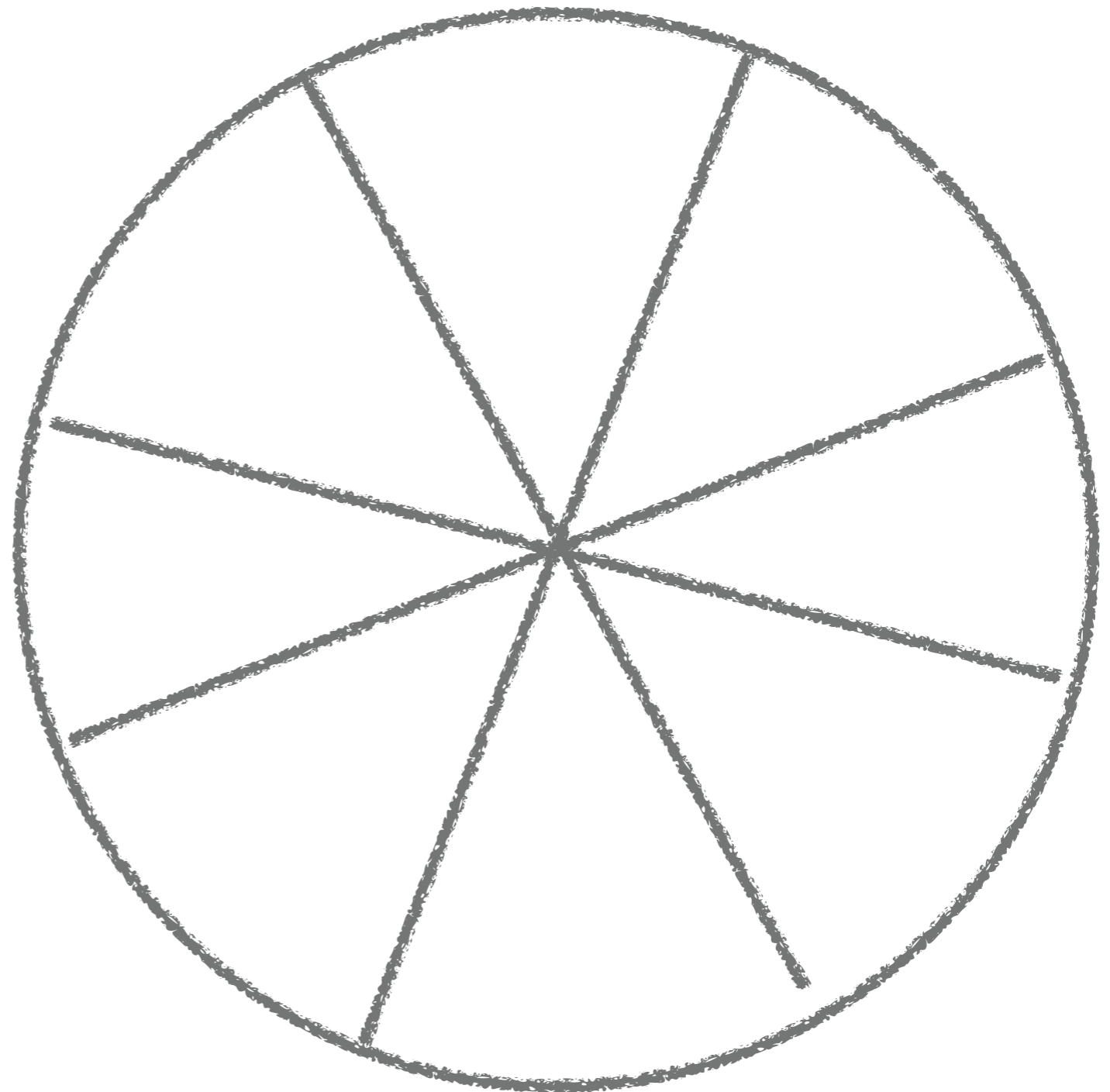
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*I am feeling . . .*

*I am feeling . . .*

*I am feeling . . .*

*I am feeling . . .*



# MAKE YOUR OWN FEELING PIE:

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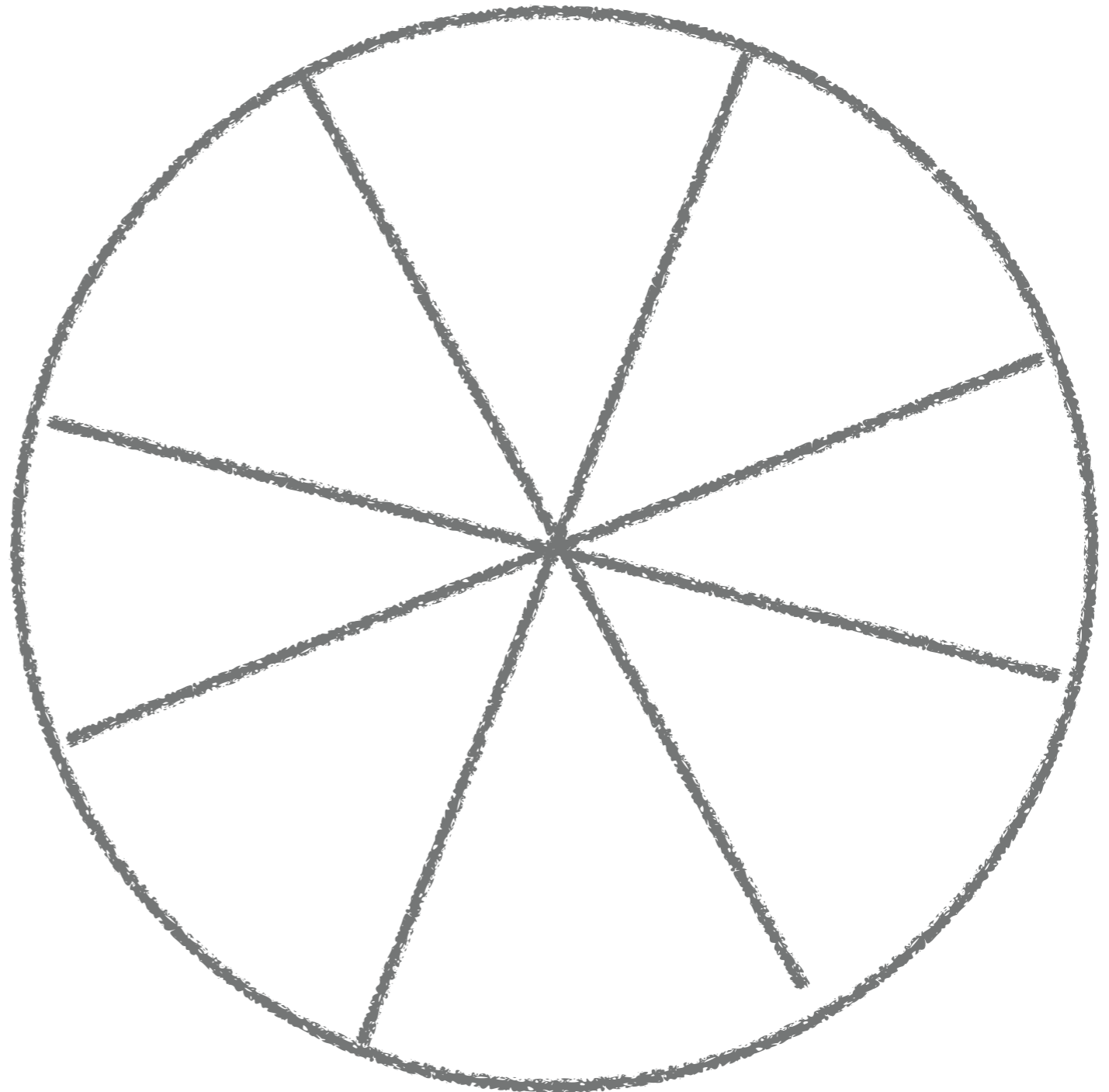
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*I am feeling . . .*

*I am feeling . . .*



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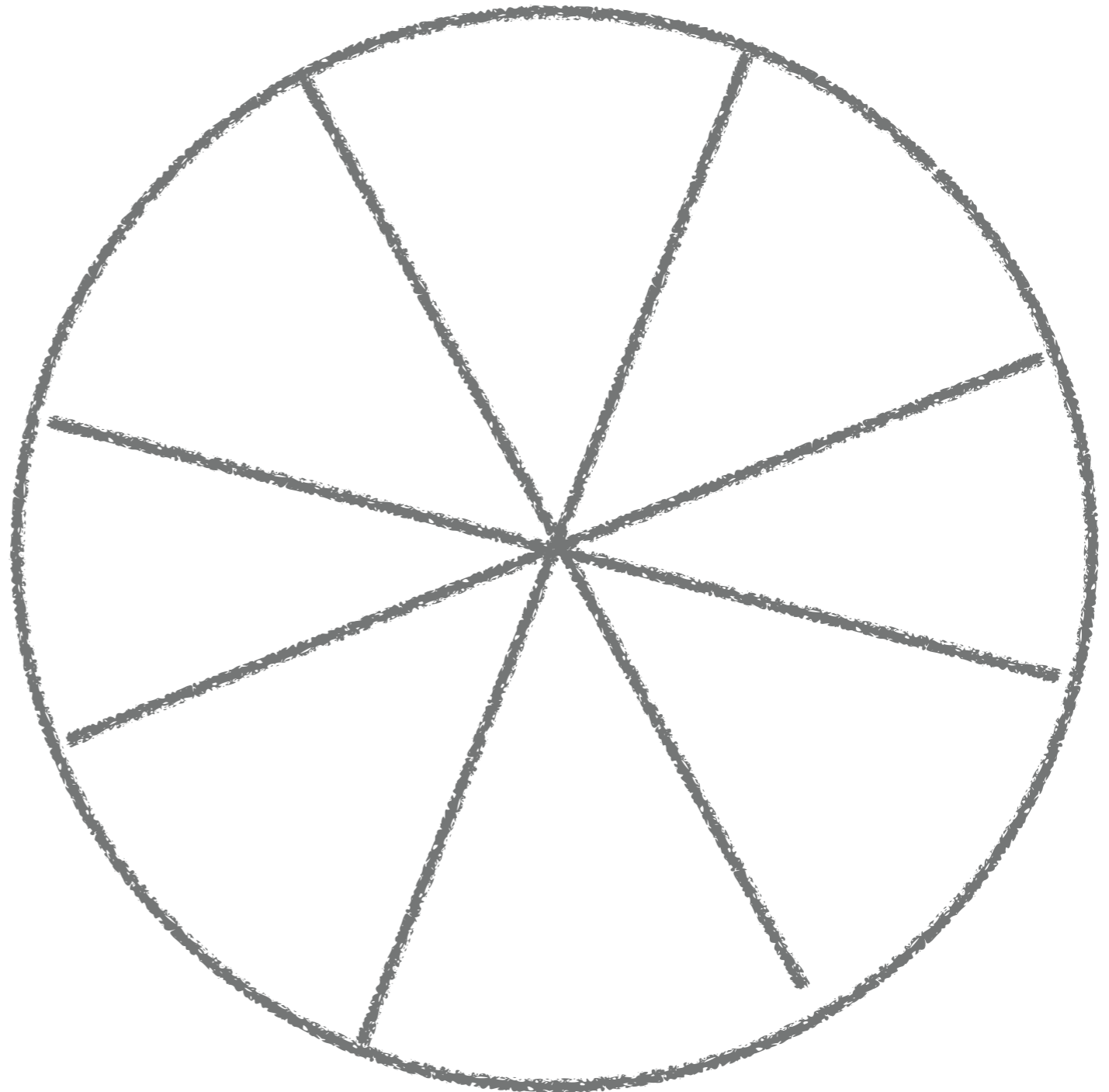
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*I am feeling . . .*

. . .

. . .

. . .



# YOU COULD ALSO ADD SOME DOODLES

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Write down the main feelings of your day. Assign a color to each (your choice) in the space below. Fill the pie with the colors according to the amount of impact it had in your day.

*I am feeling connected*



*heartbroken*



*inspired by beauty*



*soothed by nature*



# MAKE YOUR OWN FEELING PIE:

DATE:

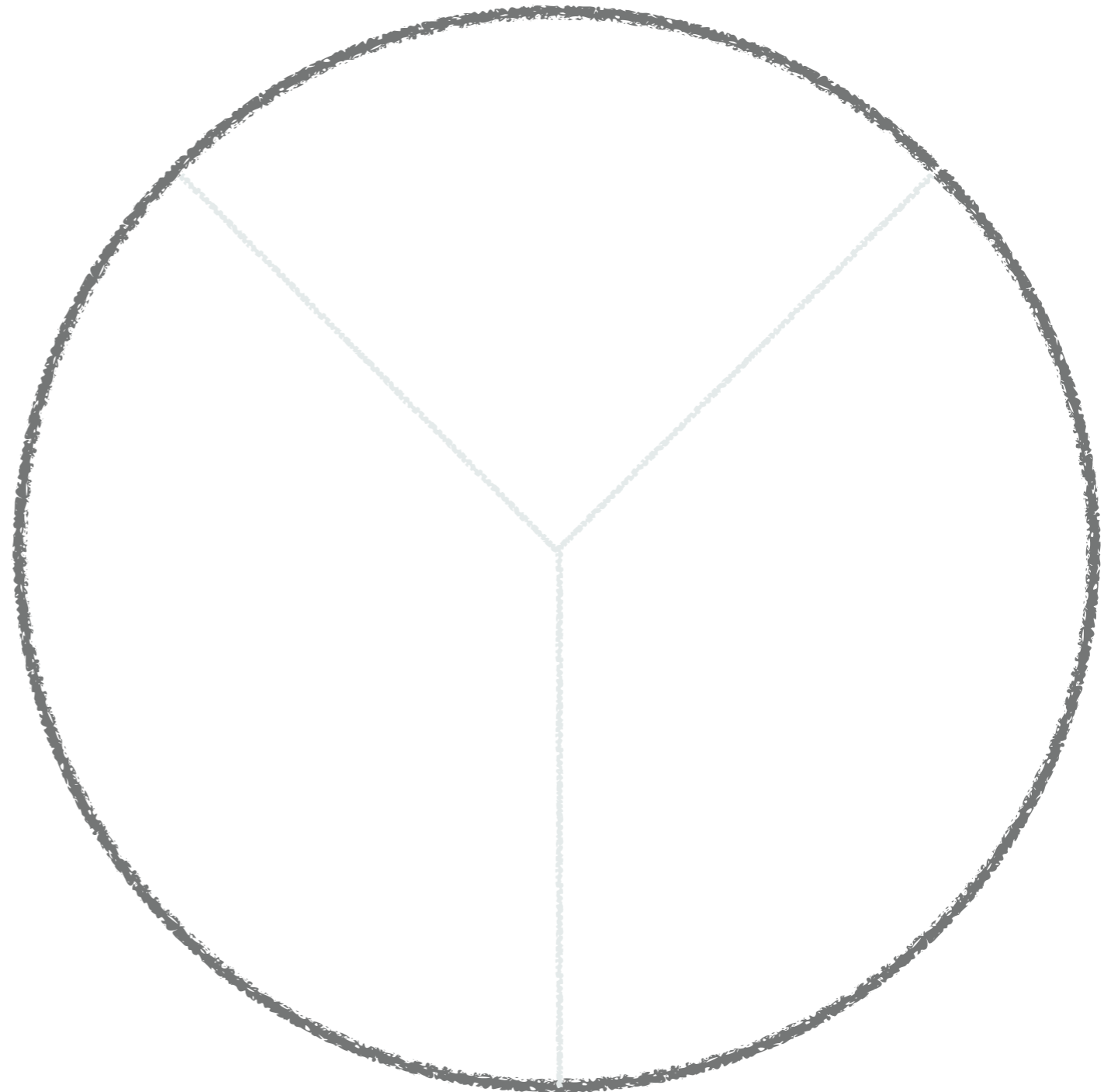
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*I am feeling . . .*

. . .

. . .

. . .



# MAKE YOUR OWN FEELING PIE:

DATE:

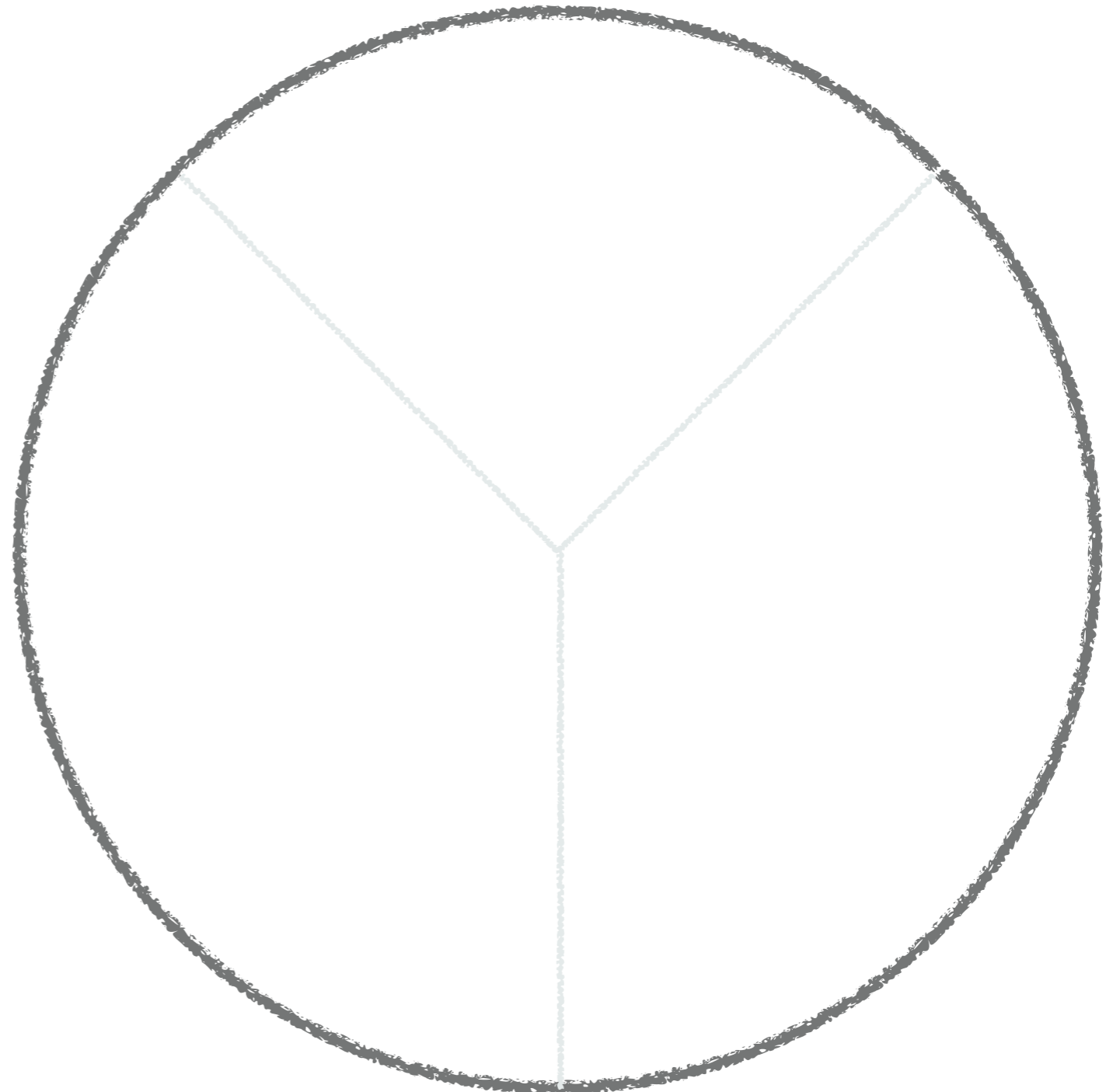
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*I am feeling . . .*

. . .

. . .

. . .



# MAKE YOUR OWN FEELING PIE:

DATE:

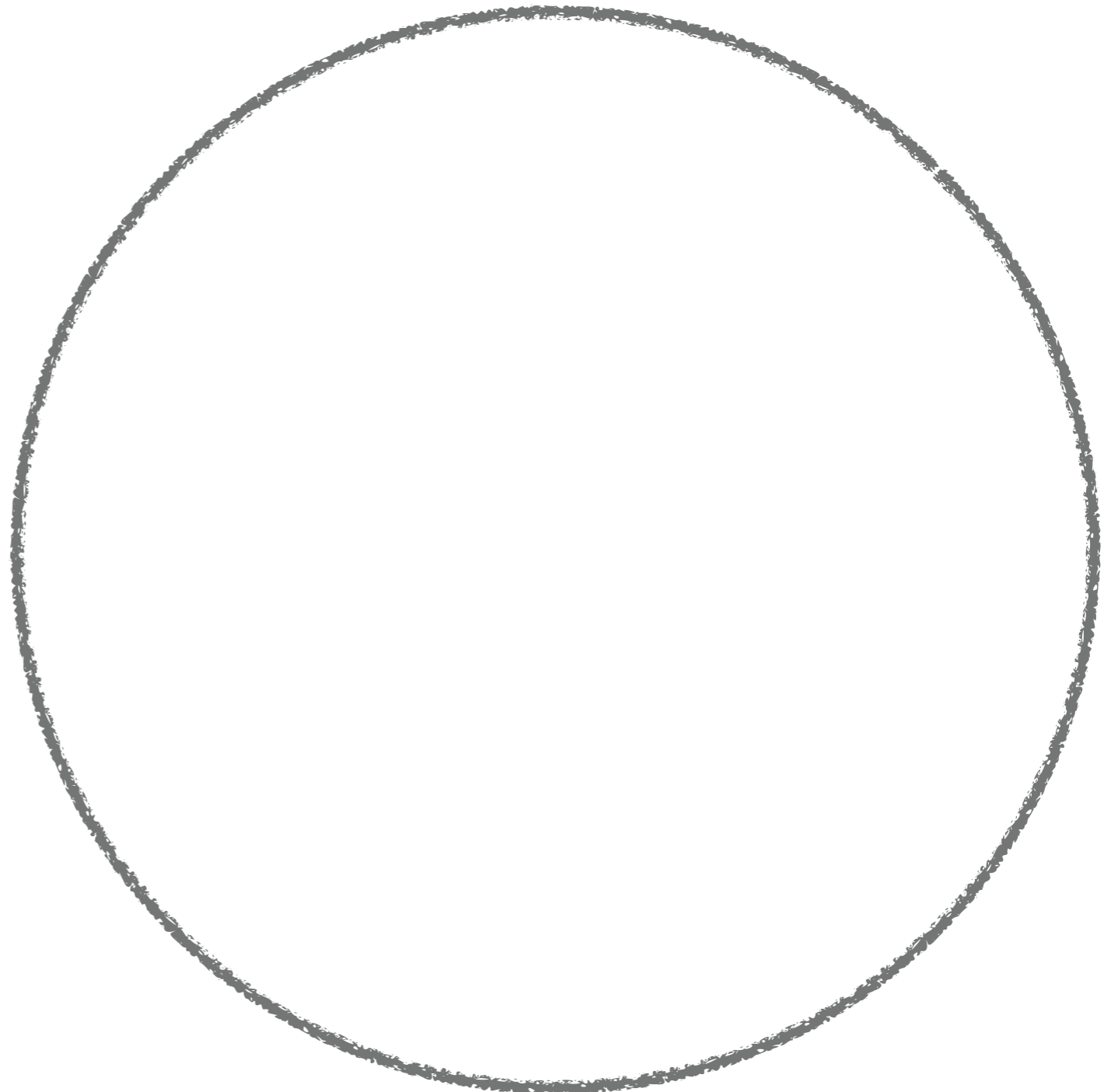
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*I am feeling . . .*

. . .

. . .

. . .



# YOU CAN'T DO IT WRONG

DATE:

Write down the main feelings of your day. Assign a color to each (your choice) in the space below. Fill the pie with the colors according to the amount of impact it had in your day.

*I am feeling energized*



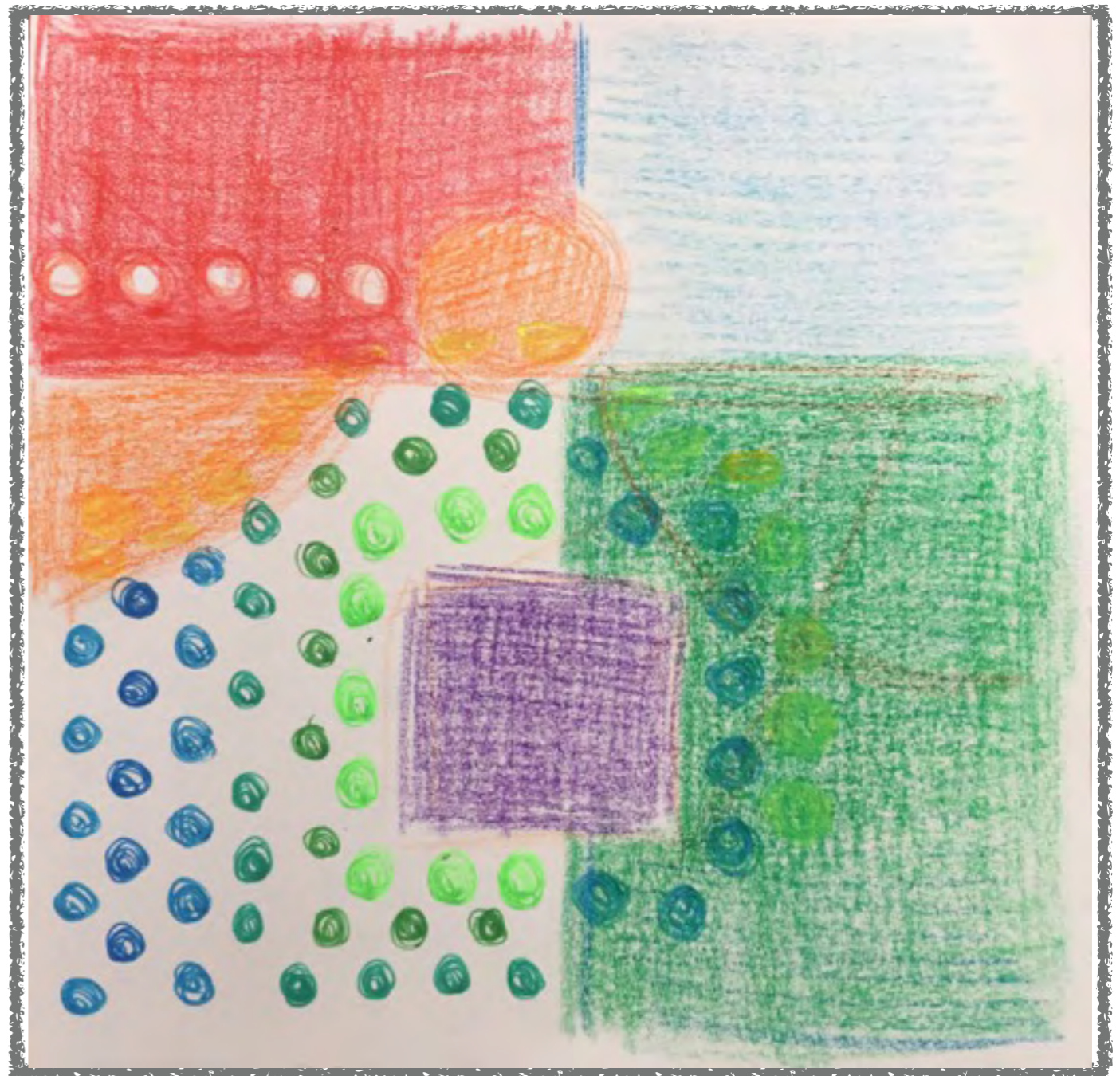
*joyful*



*serene*



*calm*





# HAVE FUN!

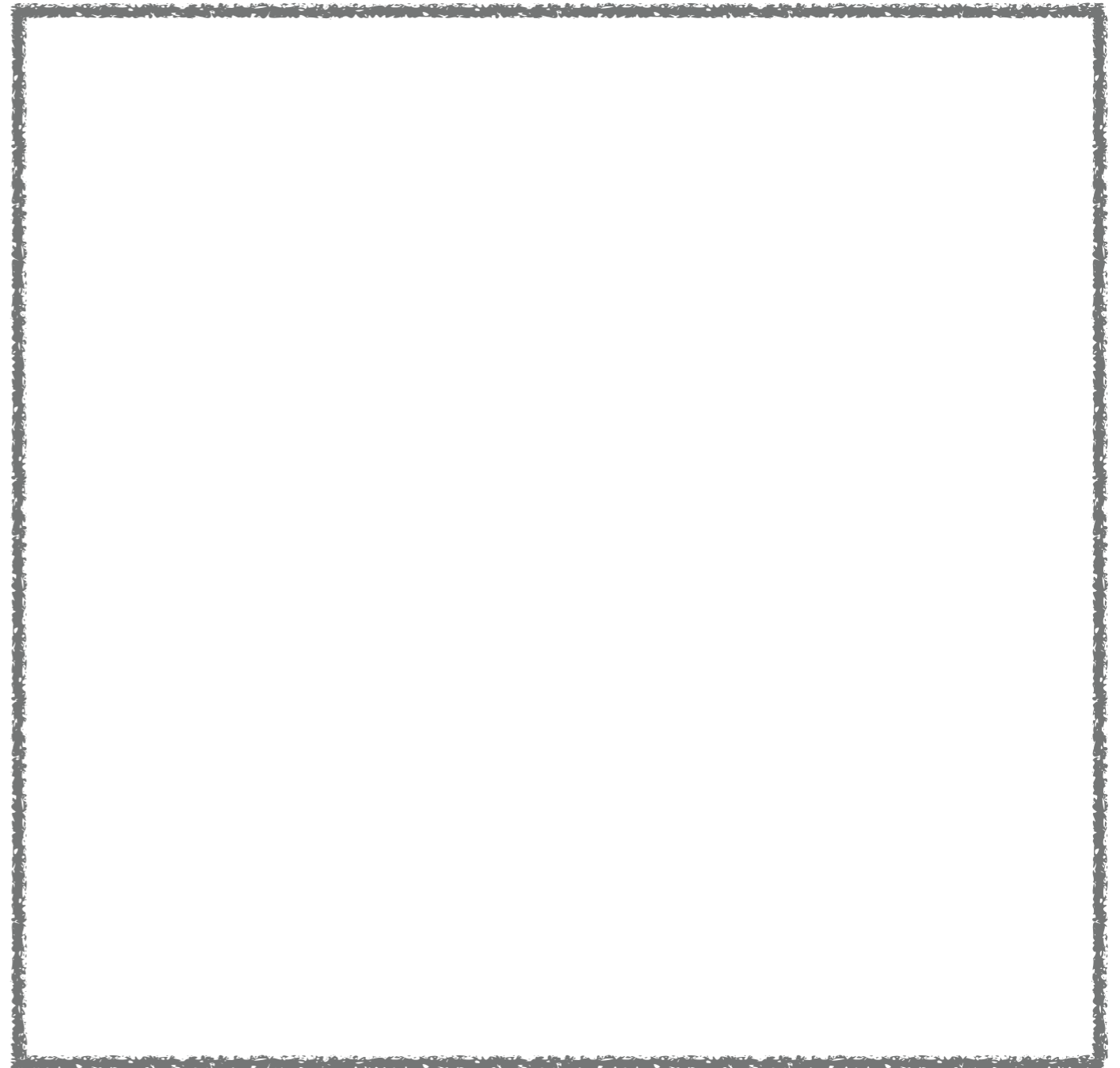
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*I am feeling . . .*

. . .

. . .

. . .



# BE CREATIVE!

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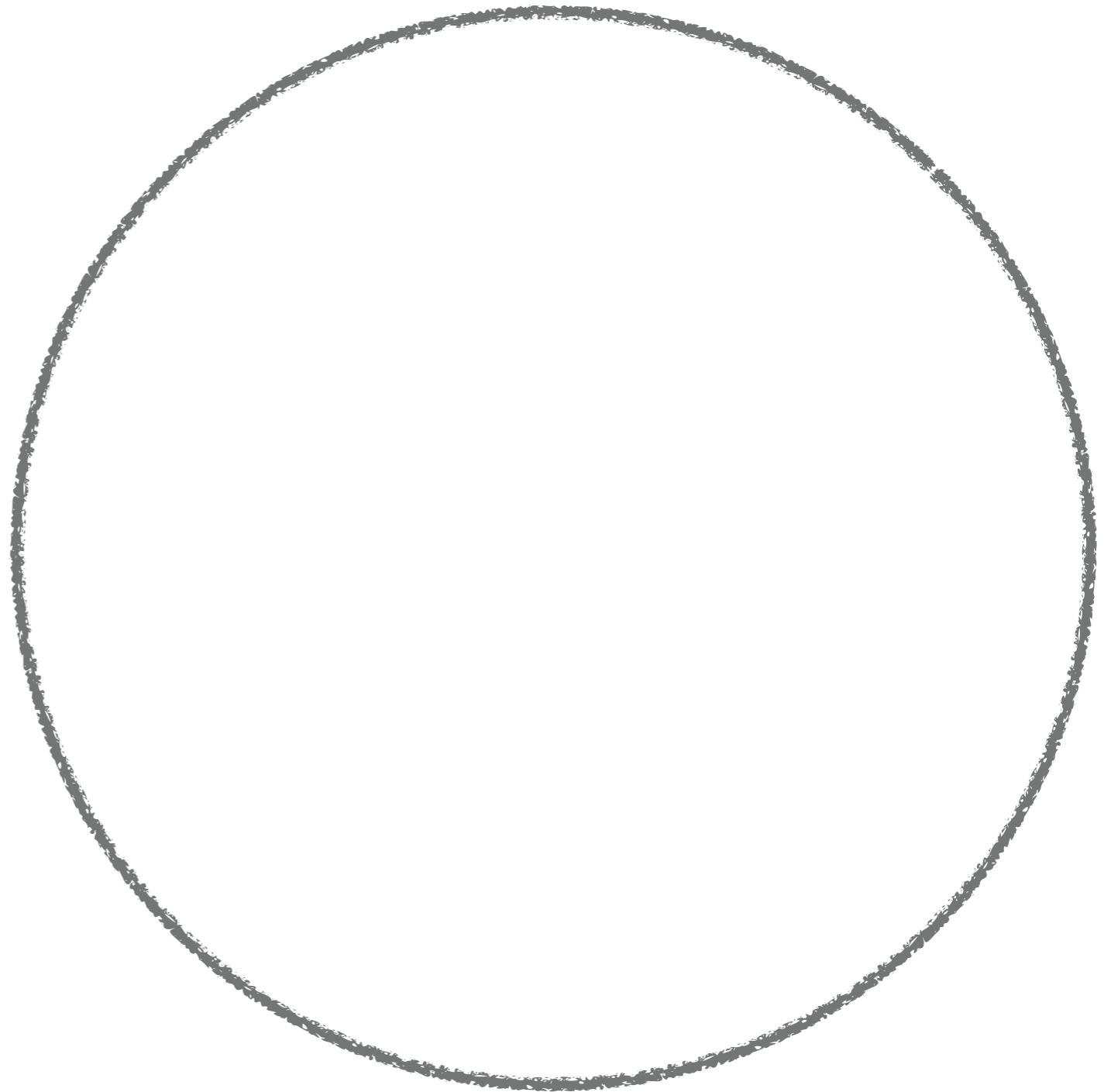
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*I am feeling . . .*

. . .

. . .

. . .



## HERE ARE SOME RESOURCES I FOUND HELPFUL:

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*Letting Go: The Pathway of Surrender (goes into the depth of some of the difficult emotions and how to let them go)*

*Pete Walker's books (The Tao of Fully Feeling: Harvesting Forgiveness out of Blame) and tons of information about emotional healing on his website.*

*Richard Grannon's emotional literacy course and this video give some more insight about why emotions are important. He also has other very good online courses that address different issues resulting from early childhood trauma and difficulties accessing ones emotions resulting from that.*

*The Joy Based Living community, founded by Debbie Happy Cohen, offers many tools and resources for dealing with today's challenges in a joyful way.*

*My friend Michele Stone has some awesome creative instructional videos on her YouTube channel.*

**THANK YOU FOR MAKING THE WORLD A BETTER PLACE!**

*ClaudiaDose.com - art@claudiadose.com*