



# How to Use the Color of Feelings

**Identify**  
Core Feelings



**Illustrate**  
Extensions of  
Those Feelings



**Demonstrate**  
Opposite  
Feelings



**Clarify**  
Different Intensities  
Within Feeling  
Groups



**Create**  
Additional  
Feelings



## Educational Therapists, School Counselors and Teachers

1. Choose a feeling that you think the main character in this story was experiencing and why.
2. Broaden your student's vocabulary from sad, mad, etc. to synonyms and/or shades of a particular feeling.
3. Conflict resolution @school between students or students and staff: Identify what you are feeling, and the cause. How did you express that feeling? Evaluate whether it was appropriate. How might \_\_\_ be feeling about this?
4. Does the student seem emotionally shut-down or emotionally overwhelmed? Use the novelty, color and word cues to identify feelings and stimulate conversation!
5. Choose a feeling that you consider negative. List your self-talk that fueled your feeling.
6. Choose a feeling that you consider positive or desirable. List actions or self-talk that you think could produce that feeling.

## Marriage and Family Therapists

1. Encourage the wife to share a concern with her husband. Using the palette, the husband will then try to identify what he perceives his wife is feeling.
2. Guide your client to discover or explore their partner's feelings by asking, "Are you feeling \_\_\_\_\_?" "Can you amplify on that feeling?"
3. Select an *incident that caused tension* in the relationship and have each person
  - List what they were feeling
  - List what they thought their partner was feeling.
  - Share and discuss these feelings
4. Choose a feeling such as valued. Have the husband list three things that his wife does that make him feel valued. Have the wife list three things she does that she thinks makes him feel valued. Share and discuss the lists. Reverse the process or choose another feeling.

## Individual or Group Therapy

1. Ask, "What don't you feel?" Helping them discover what they don't feel might be a clue to look at the opposite feeling family as an indication of what they do feel. Example: "I don't feel valued or appreciated." Then chances are you're in the opposite feeling family—angry.
2. Tell me what you are feeling. Example: "I feel overwhelmed, rejected, vulnerable." Then chances are you are not feeling understood, cherished, and secure which are emotions in the opposite feeling family—safe.
3. Make a list of feelings that best describe your life as it is today.
4. Make a list of feelings that best describe how you would like your life to be. What would it take to get there?