

Dileisi A. Pacheco

The Maze of



emotions

A Journey to Understanding How You Feel and Finding the Right Path

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Dedication

To all the boys and girls who every day walk through mazes of emotions and allow Jesus to be their guide.

Acknowledgments

To Jesus, the Master of emotions, for teaching me to depend on Him every day.

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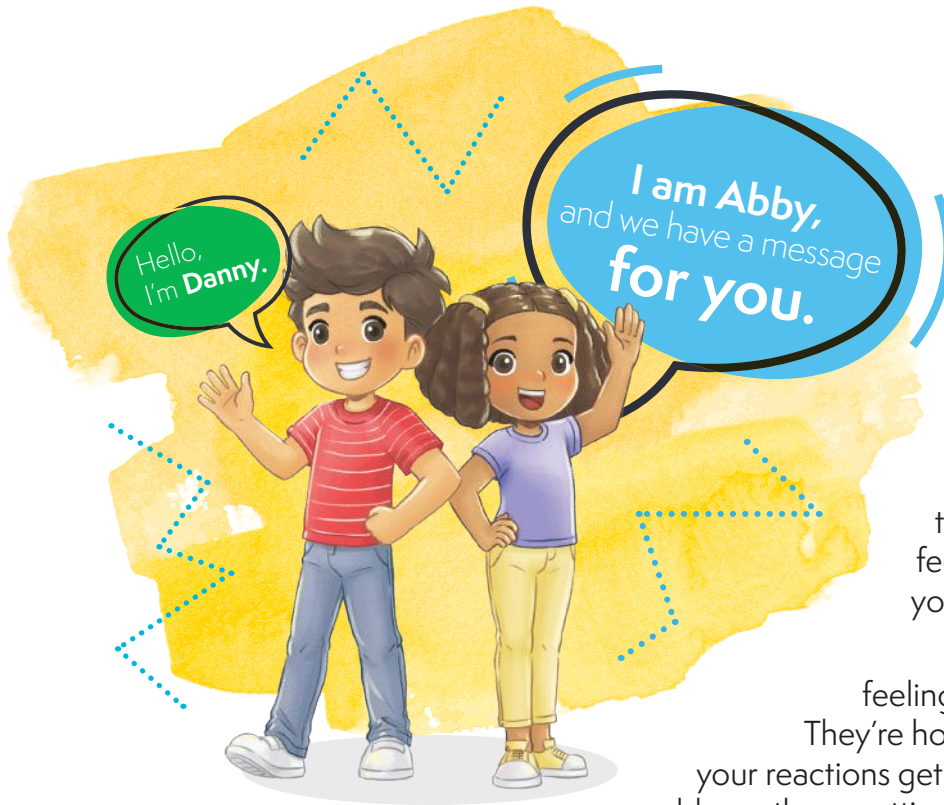
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We all experience emotions, and that's okay! But not all behaviors are okay. For example, is it okay to yell at your brother when you get angry? Or to hit a classmate because they said something that upset you? No, of course not. That's why it's important to know how to identify what you're feeling and learn ways to manage it, so you don't do something you'll regret.

I know it can be hard to talk about feelings and emotions, but they're normal. They're how we react to what happens to us. If your reactions get you into trouble, then you have two problems: the upsetting emotions and the upsetting consequences of your reactions. That's why I wrote this book: so you can learn to avoid conflicts and feel more and more confident when you're with other people.

Emotions can be like a maze: suddenly you're caught up in a very intense feeling and you don't know how to get out of it. For example, you get angry, your face feels hot, you clench your fists and want to break something, and you don't know how to stop feeling that way. If you learn to pay attention to what is happening in your body, to recognize the emotion you are feeling, and to discover how to manage it, you will be wiser and happier.

Reading about Abby and Danny's experiences will help you identify with what they felt, and that will help you name what you feel and discover strategies to manage it well. Plus, you can have fun with the activities at the end of each chapter.

You are special. You are a gift from God to the world. Never forget that!

With love,
Dileisi A. Pacheco



A Message for Your Parents

Dear mom and dad,

You are the instruments chosen by God to teach your children how to deal with their emotions and feelings so that they can develop balanced mental health that allows them to be good people for God and society.

The limits and rules used in our homes are essential tools for good education, but they should not prevent children from expressing their emotions and feelings, because this could affect the harmonious development of their character. That is why it is essential that you encourage your children to talk about how they feel, that you make them feel loved and accepted, despite any unpleasant behavior they may have shown. Denying their emotions or blaming children for feeling them will prevent them from developing emotional intelligence. On the other hand, helping them to self-regulate and find ways out of situations that

concern them will give them a great advantage in their interpersonal relationships and make them feel secure.

This book is designed to provide you, parents, as well as children, with strategies for knowing what to do when kids experience difficult emotions and feelings. By doing the suggested activities as a family, children will learn that what they feel is normal, as it is the way we react to situations in life and is part of our daily lives. They will also understand that their value and essence as people does not lie in the emotions they experience and that they are not subject to them. Whatever they feel, they do not have to move from negative emotion to negative action, but can learn to break that pattern.

In each chapter, you will find:

- *A story*, which will allow you to learn about an emotion or feeling and the different situations in which your child may experience them.
- *Did you know?* A section that describes the emotion or feeling highlighted in the story. This will help your children understand how it manifests itself in their behavior or how they feel it in their bodies.

- *What can you do?* Strategies that children can use to manage the emotion or feeling in a healthy way.
- *Say what you feel*. An invitation for children to express themselves and be aware of the different situations that lead them to experience emotions and their consequences.
- *Today I decide*. A section that motivates them to make the decision to exercise control over their emotions and feelings.
- *A Bible verse* about the emotion highlighted in the chapter, so that they may find encouragement and motivation in God's Word to manage their emotions.

Rather than doing what their parents tell them to do, children tend to imitate the behavior they observe at home, so it is essential that you teach them by example. It is my desire that you be the channel through which they can deal with their emotions and feelings in a healthy way.

With love,
Dileisi A. Pacheco

Embarrassment

1



Danny goes blank

It was a very special day for Danny. His school was celebrating World Environment Day, and Danny had been asked to give a public presentation on animals that live in the sea.

"Danny," said his dad, surprised, "you're up early today!"

"I have to go to school to rehearse my presentation," Danny replied.

"Don't worry, son, you'll do great," his dad encouraged him. "You've practiced many times, so you'll remember everything. Come on, let's enjoy the breakfast I made."

"No, Dad, I want to leave now," insisted Danny. "All right," his father agreed.

Once at school, the long-awaited moment finally arrived.

Danny felt prepared, but when he stepped onto the stage, he was surprised to see that there



were many more people than he had expected. His heart began to beat very, very fast.

Determined, though nervous, he began his presentation. Just a few seconds later . . . he forgot some of the words he was supposed to say! And although he tried hard to remember them, he couldn't.

Despite this, Danny decided to continue explaining the topic.

When he finished, he left the stage as quickly as he could. He wanted to disappear, hide from everyone, so that no one would see him or say anything to him.

When his teacher saw him, she came over to congratulate him. That's when she noticed



1. Embarrassment

that something was wrong with Danny. How did she realize it? Because his cheeks were red, his hands were sweaty, and his face looked sad.

"Danny, what's wrong?" she asked him.

"Everything went wrong," he replied, looking at the floor. "I'm stupid."

"You're not stupid," his teacher clarified. "You're very smart, but when you realized you had forgotten part of what you learned, you felt **embarrassed**. And that feeling was so strong that it

prevented you from seeing that people were clapping at the end. Come on, let's go join your classmates."

When he got home that afternoon, Danny told his parents what had happened.

"I'm so sorry you had to go through that," his dad said. "We all feel **embarrassed** sometimes, but you handled it very well."

"Yes, son," added his mom, "you were very brave by continuing your presentation despite having made a mistake."



Did you know?



There are several situations that can make you feel **embarrassed**, such as when someone makes fun of you or speaks badly about you in front of others. It is also normal to feel a little **embarrassed** when you have just met someone. However, it is important to learn that **embarrassment** is a feeling. This means that it is related to what you think about yourself and the situation you are going through. For example, if after making a mistake you think that others might talk badly about you or laugh at you, you feel **embarrassed**.



You may also feel **embarrassed** when you think you have acted wrongly, even if you haven't. Some children feel **embarrassed** when they think they are not as good as other children at riding a bike or playing a sport.

The people around you may notice that you are **embarrassed** because when you feel it, you hunch your back, look down, your face turns red, you start to sweat, and your eyes look sad. Shy children may struggle because it's hard for them to enjoy being with others. However, **embarrassment** has its good side: it can help you learn social rules, that is, what you should and should not do in different places or situations.

Embarrassment can sometimes be confused with shame, though they are not the same. Shame implies a constant state of **embarrassment** when you know you have done something wrong. The Bible describes shame as falling into disgrace, particularly for those who disobey God or choose not to follow Jesus.

1. Embarrassment

What can
you do?



When you feel **embarrassed**:

- Take several deep breaths. That will make you feel better.
- As soon as possible, talk to your parents about how you feel. They will help you understand the feeling and deal with it.
- If you are **embarrassed** to talk to people, practice every day to overcome it. For example, when you go to an ice cream shop with your parents, ask for the ice cream you want yourself.
- Do everything you can without your parents' help, such as talking to the teacher when a classmate bothers you.
- If you make a mistake, say, "I made a mistake, but from now on I'll do better." Remember that when you make a mistake, you learn, because you know what not to do.
- We are all different. Some people are very good at some things and other people are good at other things, so don't compare yourself to other children. You are unique.
- Take a blank sheet of paper and ask your family members to write down the qualities and talents they think you have. Stick it somewhere you can see it every day. It will help you feel more confident. You will also use it again when you read chapter 5.
- Ask your family members to share a time when they felt **embarrassed** and what they did to overcome it.



Say what you feel

You have just learned about a feeling that you will experience at certain times in your life. Can you say its name out loud? Yes, **embarrassment**.

At the bottom of this page, there are three pictures showing situations in which children are feeling **embarrassed**. Use orange paint to mark the ones that have happened to you.

Take an orange paintbrush or marker and draw or write on a piece of paper what you feel inside when you are **embarrassed**.

Discuss with your parents:

- What situation makes you feel most **embarrassed**?
- What thoughts come to mind at that moment?
- What can you do to overcome **embarrassment**?



1. Embarrassment

Feeling **embarrassed** is normal, but now that you know more about it, you can decide not to let it stop you from enjoying yourself when you are with other people.

Say out loud, "Today I choose to be brave." Choose one of the activities mentioned above to help you overcome your **embarrassment**. Then thank God for helping you overcome this feeling.

Today
I decide

The
Bible says,



"As Scripture says,
'Anyone who believes
in him will never be put to **shame**' "
(Romans 10:11).