

# READING

**Sometimes the hardest thing about feelings is sharing them with others. But sharing your feelings helps you feel better and also helps you to get closer to people who are important to you.**

**1**

You can't tell your friends what's in your backpack if you don't know what's in there yourself. Feelings are the same. Before you can share them with anyone, you have to understand what feelings you have. Making a list of your feelings can help. You can do this in your head or by writing it out on a piece of paper. It's sometimes difficult to define a feeling and its cause. In this case, it might help to remember how you felt on a specific occasion, for example, 'I was upset when my friends went to the cinema without me'.

**2**

Keeping your feelings to yourself can make you feel worse. If you talk to someone who cares for you, like your parents, you will almost always start to feel better. It doesn't mean your problems will magically disappear, but at least someone else knows what the problem is and can help you find solutions. If you don't want to talk to your parents, then try talking to a relative or a counsellor at school. Maybe they can help you find a way to talk to your parents about your problems.

**3**

Once you know who you can talk to, choose a time and place to talk. If you think you'll have trouble saying what you're thinking, write it down on a piece of paper. If the person doesn't understand what you mean, try giving an example of what's concerning you. Some people are more private than others and feel more shy about sharing their feelings. You don't have to share every feeling you have, but it is important to share feelings when you need help.

- Read the text and match headings A-D with paragraphs 1-3. There is one extra heading that you don't need.
- Mark the sentences T (true), F (false) or NK (not known)

**A** How to talk about your feelings

**B** Why do we have feelings?

**C** Why is it better to talk about your feelings?

**D** Focussing on your feelings.

1. The text is directed at adults.

2 Sharing your feelings improves your relationship with people that are close to you.

3. You don't need to understand your feelings before sharing them with others.

4. You should never talk about your feelings with someone you don't know.

5. It isn't necessary to express every emotion.

# LEARNING TO LOVE



Book , pg 9 ex.2 complete the following answers:

- 1.In an arranged marriage, parents.....
- 2.He likes her because.....
- 3.....they didn't have anything in common.
- 4.He isn't interested in getting married because.....
- 5.Her opinion has changed because.....  
.....
- 6.Older people can often.....and.....  
.....long-term partners.
- 7.She thinks that.....