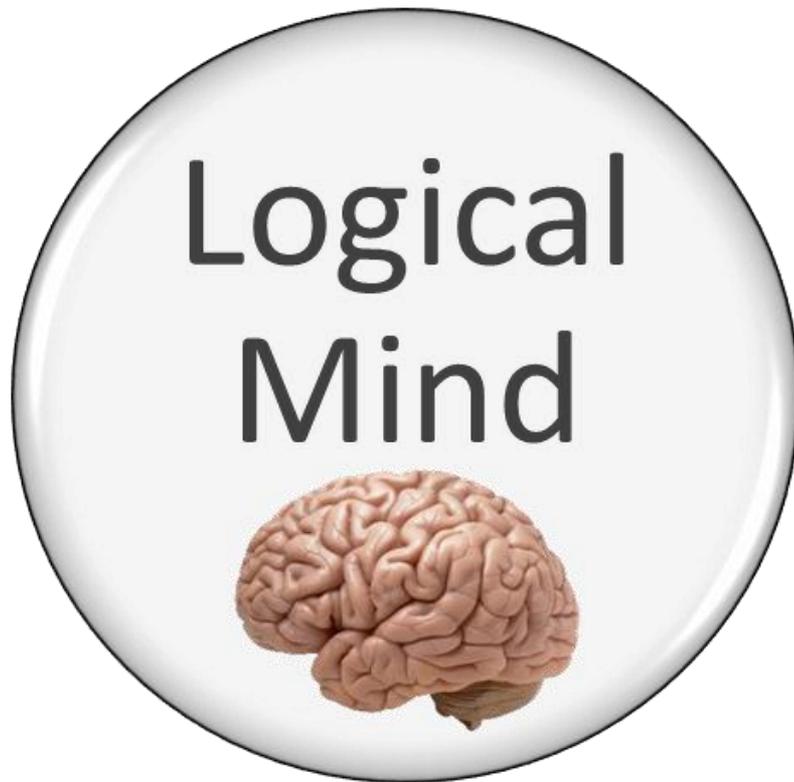


What does the Logical Mind do?



- Language
- Numbers
- Dates
- Time

- Rationalizes
- Explains
- Describes
- Categorizes
- Reflects
- Deliberates
- Solves
- Concludes
- Makes sense of the world

What does the Feeling Mind do?

Feels •

- Reactive •
- Passionate •
- Vague / Imprecise •
- Does not think or reason •
- Black / White Thinking •
- Simple •
- Time is meaningless •
- Readily connects similar things •
- Personalized thinking •
- Beliefs are absolute •
- Self-confirming •



How to Help your Children to Feel

Instead of...

- Teaching children to not feel
- Repressing / suppressing feelings
- Avoiding feelings
- Ignoring feeling
- Invalidating feelings

Rather, do this...

- Acknowledge their feelings
- Experience all feelings
- Remain curious and open
- Feel feelings fully
- Feel with your children