

# NORMALIZING MAD - SAD - GLAD - SCARED

## Normalizing the expression of the basic feelings of MAD - SAD - GLAD - SCARED


Growing up in a family where one or more feelings were either ignored or overemphasized cripples children emotionally. Those children then need to learn how to express all their feelings in a normal manner. This is an exercise designed to help learn that skill.

Each person, in turn, says a **MAD** feeling.  
 After that each person, in turn says a **SAD** feeling.  
 After that each person, in turn says a **GLAD** feeling.  
 After that each person, in turn says a **SCARED** feeling.

Say **MAD** (not upset, indignant, furious, irate, sore)  
 Say **SAD** (not gloomy, melancholy, somber, doleful)  
 Say **GLAD** (not happy, cheerful, joyful, lighthearted)  
 Say **SCARED** (not nervous, anxious, terrified, alarmed)

The content of the mad/sad/glad/scared **DOES NOT MATTER**. It may be past, present, or future. It may be trivial or profound. Make it up (lie!) if you have to, but you have to do all four feelings, each session. Alone or with a partner, & write it down. The statements of the feelings **MUST** be made with no discussion, no argument, no value judgments, no comments, no 'faces' no groaning, no big "sighs", no muttering, and no "eye-rolling". If you "absolutely" have to discuss an issue, then you must wait 1 hr.

**AT A MINIMUM - DO THIS EXERCISE EVERY DAY - OR TAKE 3 MINUTES EVERY HOUR TO DO THIS EXERCISE. DO IT WITH A PARTNER OR DO IT ALONE - IT DOES NOT MATTER - TO ADD VALUE TO YOUR LIFE DO IT EVERY DAY AND WRITE IT DOWN.**

	 PAST PRESENT FUTURE			KEEP A LOG OF YOUR DAILY EXERCISE WITH A BRIEF NOTE ABOUT THE FEELING. AFTER A MONTH LOOK FOR PATTERNS.
	✓	✓	✓	
MAD				
SAD				
GLAD				
SCARED				
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SAD				
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SCARED				



**OPINIONS AND FEELINGS ARE FREQUENTLY A PERSONAL TRIUMPH OVER GOOD THINKING  
 YOU DEFINE REALITY BY WHAT YOU KNOW, WHAT YOU BELIEVE, AND WHAT YOU DO ABOUT IT.**