

FEELING-CARDS

FACILITATOR'S GUIDE



For Conversation Starters & Emotional Awareness

Introduction

Feeling-cards are helpful to converse about different emotions and feelings. Through the cards, SGBV survivors can identify and recognize their own feelings and understand the feelings of others. You as a counselor or facilitator can use the cards in (counseling) sessions through various activities. Please be aware to assess and ascertain the emotional and mental ability of the SGBV survivor.

The feeling-cards are part of the Cordaid MHPSS toolkit with the aim to professionalize psychosocial support to SGBV survivors.

Preparation

Read through the facilitator's guide carefully so that you understand:

1. The meaning of the feeling-cards.
2. How to introduce and guide the activities.
3. The general reflection questions that you can use throughout the activities.

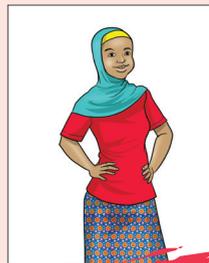
The time given for each activity is for 1-to-1 sessions. The activities can also be done in a group setting, you then have to calculate more time.

1. Meaning of the feeling-cards



Safe

Safe: When feeling safe, there is a feeling of being protected and to be prevented from any (physical and emotional) harm.



Proud

Proud: This includes feelings as deep pleasure and satisfaction.



Hopeful

Hopeful: This includes being wishful, desirous, yearning or craving something.



Happy

Happy: Feelings of cheerfulness, pleasure, contentment, satisfaction, joy and delight.



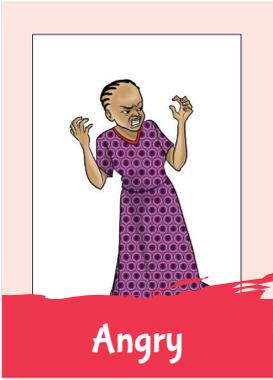
Excited

Excited: This includes being thrilled, delighted, eager, enthusiastic and being on a high.



Shameful

Shameful: Humiliation, loss of face, embarrassment and discomfort.



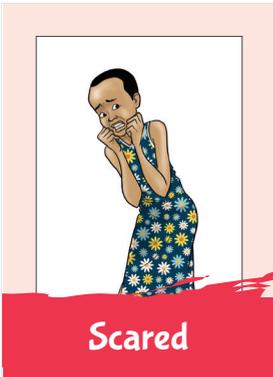
Angry

Angry: Including feelings like irritation, annoyance, displeasure, frustration and feeling enraged or vengeful.



Sad

Sad: Being unhappy and upset, feeling sorrow, bitter or being heartbroken.



Scared

Scared: This can also mean being afraid, frightened, fearful, nervous, agitated and alarmed.



Confused

Confused: Being perplexed, not knowing what to do or what to expect. A feeling of disorientation, being unbalanced.

2. Activities

Pick a feeling!



20-30 minutes



Goal

The SGBV survivor reflects on what it means to have positive and negative feelings. In the right context, the counselor can probe through the sentences that are made.



Instruction

Lay out the feeling-cards. Give the girl or woman time to examine the cards. Instruct her to, firstly, pick a card with a positive feeling. Ask her to make a sentence with that feeling. Secondly, ask the girl to pick a card with a negative feeling and to make a sentence with that feeling. You can repeat this a couple of times.

- In a 1-to-1 session, you as a counselor or facilitator can also play along by making sentences with the positive and negative feelings.



- You can come up together with new emotions and feelings. Write these down on a piece of paper. Do the activity again with the new additions!

Story making



20-30 minutes



Goal

SGBV survivors reflect on how you can feel various emotions and feelings and that they can change due to internal/external factors. In the right context, the counselor can probe through the stories that are made.



Instruction

Lay out the feeling-cards. Give the girl or woman time to examine the cards. Ask her to make a story with 5 feeling-cards. Depending on what story is made, the following questions can be asked:

1. What is the significance of this story?
2. What has happened that you went from this feeling to that feeling?
3. Are there other emotions or feelings that could be part of this story



- You can change the number of feeling-cards to more or less.
- You can change the number of feeling-cards to more or less. You can also make use of only the negative feeling-cards or only the positive feeling-cards. If the girl or woman has difficulties starting the story, you can give her a topic or theme as a starting point.

How was your day?



15 minutes



Goal

SGBV survivors reflect on their own feelings in relation to their day. The counsellor can provide support when more emotions and/or stories come up and in the right context, the counselor can probe.



Instruction

Lay out the feeling-cards. Give the girl or woman some time to examine the cards and ask about her day. Ask her to pick the cards of the feelings she has experienced that day. You can then have a conversation about the following:

1. When have you felt that feeling today?
2. What influenced your feeling?



You can also ask her to pick feeling-cards related to a specific happening or situation.

Connect them up



20-30 minutes



Goal

SGBV survivors become aware about the bodily sensations they experience related to specific emotions. This can help them to recognize feelings and emotions.



Instruction

Lay out the feeling-cards. Give the girl or woman some time to examine the cards. Ask her to pick a card and ask which bodily sensation she experiences when having that feeling. You can make use of the following reflection questions:

1. Are these bodily sensations always the same?
2. How can it help you to become aware which bodily sensation you connect to feelings and emotions?



Transform this activity into a quiz format (without good or bad answers as bodily experiences are very personal). Mention a bodily sensation (e.g. clenching your first, being nauseous, having a stomach pain, goosebumps, tears, a headache) and ask the girl or woman to pick one (or more) feeling-cards where they experience that particular sensation.

Positive change



20-30 minutes



Goal

SGBV survivors experience that in some cases they can have control over their emotions.



Instruction

Lay out the feeling-cards. Give the girl or woman some time to examine the cards. Ask her to pick a negative feeling card and ask how she can change that feeling into a more positive feeling. You can make use of the following reflection questions:

1. What do you do to change your negative feeling to a positive feeling?
2. Does this always work or in specific situations?
3. Are there other things you can do in order to feel more positive?

What is your story?

For this activity you need pen and papers



30 minutes



Goal

SGBV survivors share their life journey and can connect emotions and feelings to (important) events. Also, through sharing, focus points for counseling can be decided upon.



Instruction

Tell the girl or women that both of you will make a life journey. Both of you will decide on key events that have changed your lives. You can say: “You can mark events in your life that have been important and that have left an impression. It can be anything!” Draw this out on a piece of paper and present to each other when finished. You as a counselor/instructor also participates to set an example and to create a space where there can be shared. When the girl or woman presents her life journey, ask her about some of the events you think need attention. By using the feeling-cards, the girl or woman can connect feelings and emotions to the events in her life journey.



Please note to work carefully with the SGBV survivors’ personal story. The activity has the goal to share without stimatising or making the situation worse.

3. General reflection questions

The following questions can help you as a counselor or as a facilitator during the various activities.

1. Can you tell about a time when you have felt happy, proud, upset, shameful?
2. How is it to share about feelings and emotions?
3. How can talking about feelings help us to (better) understand ourselves and others?
4. What have you learned?
5. What would you like to learn, or practice, in a next session?



Cordaid is based in the Netherlands and has country offices in 11 countries. In Uganda our programs focus on health & education system strengthening through Result Based Financing, supporting sustainable livelihoods, climate resilience and stimulating private sector development to advance economic perspectives and entrepreneurship.



Cordaid
Plot 12B Faraday Road, Bugolobi
Nakawa Division
Email: petra.haren@cordaid.org

