

'Feelings' Stories

Princess Purple Pants

Princess Purple Pants was feeling depressed. All of her friends had turned up to the party wearing pink pants.

As she walked into the room she felt hot all over. Princess Purple Pants began to fidget, her mouth became dry and her heart began to race. With tears welling up she began to cry. 'On no' she thought, 'those early warning signs'!!

The Purple-Panted Princess thought she didn't fit in. She didn't feel safe.



Princess Purple Pants felt anxious. She began to bite her nails and as she looked at her hands she remembered her 'network hand'.

She spoke with Queen Kylie because with her she could talk about anything even if it was awful or small.

Queen Kylie told Princess Purple Pants to take ownership of her purple pants, risk on purpose, be an individual and not follow the crowd, (they had shared meaning).

Princess Purple Pants went back into the room feeling ecstatic and strutted her stuff. She looked confident as is 'felt fun to feel scared'. It was the best party ever!

Driving!

My name is Fred and I think I am a sophisticated driver. On my way to work I felt bemused by the poor driving habits of others as they can appear boisterous by screeching to halt or melancholy and not use their indicators and have no awareness of other road users. With these type of drivers I feel sweaty. I get a dry mouth and feel fizzy inside. In my opinion the worst kind of drivers are those that 'cut me up' and by the time I get to work I feel hot and sweaty and to my work colleagues I appear moody and sulky. So, in future, I'm going to take the train!

A Visit from Gabby!

Gabby was feeling fizzy and ecstatic about going to see her friend Nutkin. Nutkin was feeling angry because last time they'd met he'd felt overwhelmed by Gabby. Her constant tails or orgasmic situations and experiences left Nutkin feeling disgusted and unsafe. She described how it gave her butterflies and left her feeling jubilant, but it just gave Nutkin a jelly belly and left him feeling tired.

Before Gabby arrived Nutkin contacted his network to explain how he felt. He asked his network people to be there with him to support him when Gabby arrived.

Tommy & the teacher

Tommy's friends were calling him names. Tommy was feeling frustrated , his mouth had gone dry and his heart was beating fast. He was very fidgety in class.

The teacher was feeling very frazzled and depressed about the language Tommy was using. The teacher knew he needed to protectively interrupt on Tommy's behalf. With butterflies causing his tummy to flutter he helped Tommy to set up a network of people to cope with this situation.

Once Tommy had practised the skills he had learnt and knew he had a right to feel safe he felt euphoric.

The teacher now felt decidedly fluffy like a marshmallow - thank goodness it was the last day of term!