First feelings and cover feelings

Tell apart your first reaction and the feeling that covers it.

Name _____ Date _____

A **first feeling** is your immediate response to what happened. A **cover feeling** is a reaction to the first one, and often arrives so fast that it is the only one you notice.

What happened	First feeling	Cover feeling
My partner forgot our plans	Hurt	Anger
I made a mistake in front of colleagues	Shame	Irritation with everyone else
I felt sad about a loss	Sadness	Guilt for "wallowing"
I got frightened by a near miss	Fear	Rage at the other driver

Cover feelings protect us from something more vulnerable. The cost is that the first feeling, and the need that goes with it, never gets attended to.

Finding the first feeling

Situation	What I felt on top	What might have been underneath	What that feeling needed

Which first feelings do I find hardest to stay with?

Which cover feelings do I reach for most?

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