

SSE Group 4
Handling Emotions

Human Value: Peace

Sub Value: Empathy and Understanding

Objective: Learn to identify emotions and to respond accordingly

Quotation:

“Never use harsh words. You cannot always oblige, but you can always speak obligingly. Bodily wounds can be cured by the use of medicines. But the wounds inflicted by the tongue can never be healed. That is why I repeatedly tell you to cultivate love and talk with love. I never use harsh words even when I appear to be angry.” - Sai Baba

Sloka/Prayers:

- Opening Prayers: 3 Aum, Vakra Tunda, 3 Gayathri mantras
- Prayer: - “O God! Be in my mind and in my thinking...”

Silent Sitting: Jyoti Meditation

Group Discussion -

Get students' attention to the topic and let them share their views on what they think and how they deal with the situation.

Group Activity :

Split the class in 4 groups, let them discuss and each group share their views

Story Telling: Nail in the Fence (attached)

Group Singing: Don't worry Be happy...

Group Discussion

This week, there was a big campaign on social media - what was it?

Bell Let's Talk - can someone tell us what this is about?

What is the difference between mental health and mental illness?

<something about "the stigma"

<more discussion questions>

But first we need to identify what types of situations arise and what types of emotions in us.

Lead into group activity

Group Discussion questions

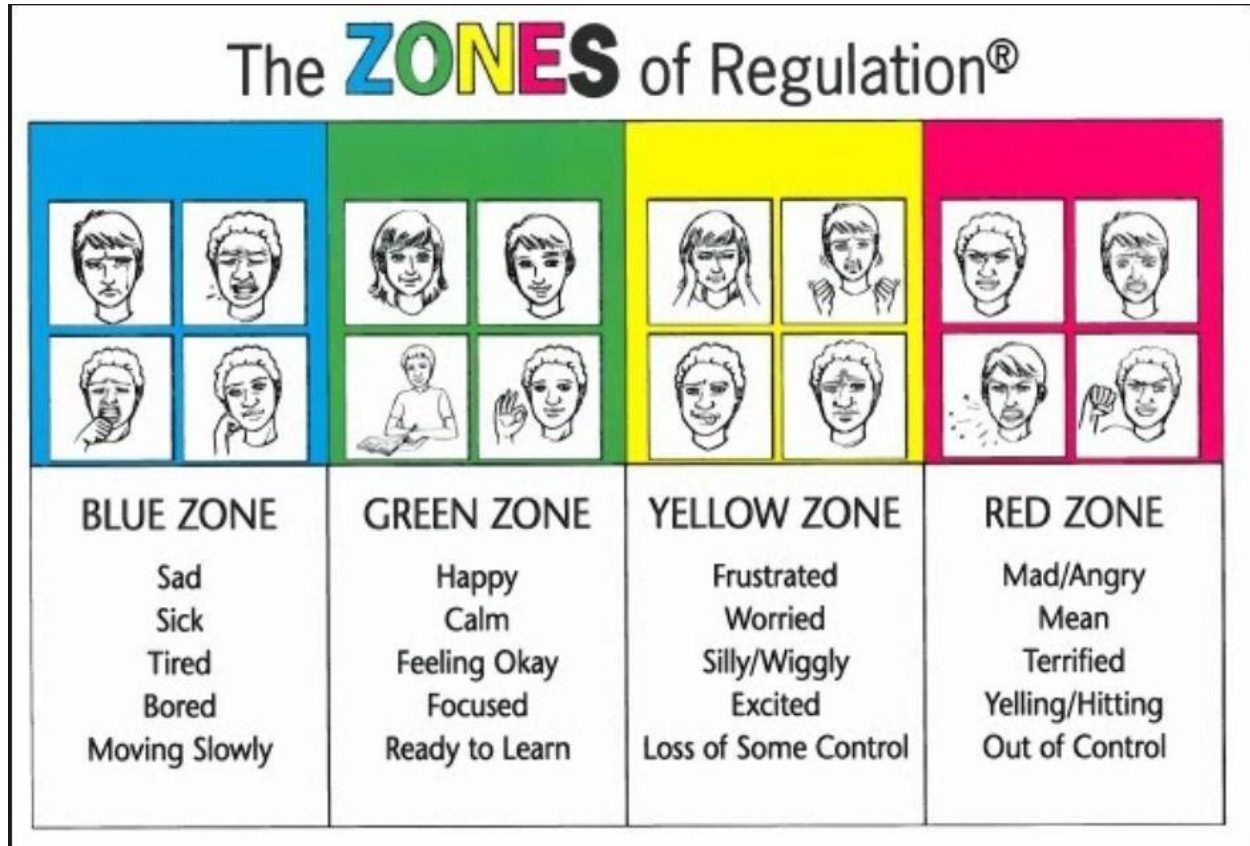
1. What does the word "Emotion" mean to you? Discuss types of Emotions - negative/positive
2. What kind of situations cause different emotions?
3. Do you think girls have different emotions than boys do?
4. What is responsible for having emotions (negative as well as positive)
5. How do we deal with/manage our emotions?

Do you have more positives or negatives listed? Having someone you trust to talk to when you are feeling out of sorts helps you avoid negative behaviors and consequences.

http://ong.ohio.gov/frq/FRGresources/emotional_intellegence_13-18.pdf

Group Activity (after discussion):

Class splits into 4 groups to talk about situations that make them feel like one of the categories.



http://ong.ohio.gov/frq/FRGresources/emotional_intelligence_13-18.pdf

Discussion where groups talk about situations

Note that

To you, what are your most dangerous emotions? (what causes most harm to yourself, vs what emotions causes most harm to others)

How can you invoke positive emotions in you when you need them?

How do you remember Baba's teachings in difficult emotional situations?

Story Telling:

NAIL IN THE FENCE

There once was a little boy who had a bad temper. His Father gave him a bag of nails and told him that every time he lost his temper, he must hammer a nail into the back of the fence. The first day the boy had driven 37 nails into the fence. Over the next few weeks, as he learned to control his anger, the number of nails hammered daily gradually dwindled down. He discovered it was easier to hold his temper than to drive those nails into the fence. Finally the day came when the boy didn't lose his temper at all. He told his father about it and the father suggested that the boy now pull out one nail for each day that he was able to hold his temper. The days passed and the young boy was finally able to tell his father that all the nails were gone. The father held his son's hand and led him to the fence. He said, "You have done well, my son, but look at the holes in the fence. The fence will never be the same. When you say things in anger, they leave a scar just like this one. You can put a knife in a man and draw it out. It won't matter how many times you say I'm sorry, the wound is still there. " A verbal wound is as bad as a physical one.

Quotes:

At times you may feel weak because you yield to anger and sorrow much more easily than others. I ask you to take extra pains to overcome these two. Repetition of the Lord's Name is the best antidote for this, and if only all of you would take it up, the Lord would rush to your rescue. Never hate or feel envy towards anyone. Pardon the other person's faults but deal harshly with your own! The Lord's Name will instill the faith that everything is God's Will and teach that you have no right to exult or despair. When you go to a doctor, you must take the prescribed medicine and follow the advice and instructions. There is no use blaming the doctor if you default. How can the doctor cure you if you do not take the medicine or stick to the dietary regulations? Do as I say, follow My advice, and then observe the result.

- Divine Discourse, Aug 2, 1958

Set right your habits, purify your conduct and cleanse your behavior. Even one bad habit can destroy all health, happiness, charm and joy. Control yourself and do not yield to the temptations of friends or social conventions and become prey to bad habits. The body is the temple of the Lord. Keep it in good and strong condition. Also be aware that it can be damaged from qualities such as anger, hatred and greed, or from sloth, sleep and inactivity. When you get angry and/or violent with anyone, quietly repeat the Name of the Lord to save you from your anger. Drink a glass of cold water, or lie down in a bed until the fit of fury passes through. When you are angry, you abuse another and the other person does the same, so tempers rise and heat is generated which causes lasting injury. Five minutes of anger can damage five generations of relationship, so be careful.

- Divine Discourse, Sep 2, 1958.

Right Vision and Right Listening Lead to Right Speech

The next virtue is right speech. Right vision and right listening lead to right speech. Your speech should be good. Never utter harsh words. Speak softly and sweetly. That is why I tell you often, "You cannot always oblige, but you can always speak obligingly." Say what you have to say without harshness. Speak softly so that only the person for whom your words are intended may hear you. Such soft and sweet speech should be developed. Good vision, good listening, and good speech lead to good thoughts. "As are your thoughts, so is

the result." Right thoughts lead to right action. Without good thoughts, it is not possible to perform good actions.

Buddha performed penance for many years to put his five senses on the sacred path. Mere bookish knowledge is of no consequence. It is in fact artificial. Mere textual knowledge will not lead you to the right vision. Similarly, your sense of hearing does not become holy by listening to the expositions of a teacher. Good thoughts cannot be acquired by reading scriptures or by listening to the teachings of the preceptor. By self-effort you should put your senses of sound, touch, form, taste, and smell to right use. That alone leads you to proper spiritual practice.

Sanctify Your Senses

When you put your senses in the right direction, your life will also enter the right path. For the wrong attitude of man today, senses are the cause. As the senses become impure, the entire life too becomes impure and unsacred. If you want to make your life sacred, you have to first sanctify your senses. So, Buddha, who did penance for several years, understood that all ritualistic practices were useless. He declared right vision, right listening, right speech, right thoughts, and right acts as the five primordial principles for the guidance of man.

Do Not Fritter Away This Life

Today unrest and violence have gripped the world as truth and righteousness have declined in the hearts of people. All that you find outside is nothing but the reflection, reaction, and resound of your inner feelings. Human life is highly sacred, most precious and Divine. Do not fritter away this life by indulging in unsacred activities. It has to be lived in the proper way by exercising control over the ten senses.

Speak sweetly and softly. You cannot always oblige, but you can always speak obligingly. Pray for the well-being of all. May all the worlds be happy! Sanctify your senses by serving all. If you exercise control over your senses, you can achieve anything in life. If God is not pleased with you, you will be looked down upon by everyone in the world.

You may think that you have given away ten bags of rice in charity and distributed clothes to 500 people. Such accounts are to be submitted to the income tax department and not to God. God is not interested in quantity; He sees the feeling behind your acts. So, whatever act of charity you undertake, do it with the spirit of love and sacrifice.

Group Singing:

Song for Group Singing - <https://www.youtube.com/watch?v=t3ZamCVQCQc>

**Don't worry, Be Happy, Saibaba loves us all Illusions are many but underneath them all
There is one Reality that you and I are One That God is Love and Love is God and, God
and man are One**

References:

<http://wc2015.sathyasai.org/workshop/c4d/communication>

<http://www.sathyasai.org/study-aids/speak-obligingly>

Life Application and Recap of today's lesson and the Objective

Emotional Squares

In each square write what you do when you experience the emotion listed. Include both productive and destructive behavior.

| Emotions | Productive Behavior | Destructive Behavior |
|-----------------|----------------------------|-----------------------------|
| Aggravated | | |
| AngryDepressed | | |
| Content | | |
| Scared | | |
| Worried | | |
| Energised | | |
| Happy | | |
| | | |

Aggravated?

Angry?

Depressed?

Content?

Scared?

Worried?

Happy?

Energized?

Closing Prayers: Samastha Loka Sukhino Bhavantu, Aum Shanthi x 3