Campaign to raise awareness about the use of emotions for well being!

THE BILL OF RIGHTS TO EMOTIONS

Emotions are neither positive nor negative, they exist. They are **tools for living.**

An emotion is NOT behaviour: An emotion is ALWAYS ok, behaviour might be inadequate and/or liable to punishment

Everyone has the right to **cry**

Everyone can choose to be alone and **to be silent**

Everyone has the right **to laugh or smile at least 5 times a day**

Everyone has the right to **be listened to in silence and with no judgement, to ask for advice and** ...not to follow it and to **reject it** in case it hasn't been asked for

Everyone has **the right to feel** angry, sad, scared, disgusted, in love, happy, enthusiastic, proud, ...; respecting things, people, places and sensibilities that are different to theirs

Use Notes:

- Using emotions means understanding their meaning, listening to them, navigating and expressing them in a suitable way to the context, it DOES NOT MEAN CONTROLLING THEM!!!
- You cry out of pain, grief, joy, wonder, love (when you feel love), gratitude, anger, sadness...
- We can help those who allow us to do so and we can't oblige anyone ' to be helped by us' !!!!!!
- ...we can't make anyone happy, but no one can make us get angry ..... emotions are our responsibility

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