



EMOTIONAL LOGIC

Growing stronger through emotional
turmoil by bringing reasoning and
emotions into a creative partnership





Mission Statement

To train and support networks of skilled practitioners who enable individuals, families and organisations to learn practical life skills to turn the stress of unpleasant emotions into an ability to build stronger and more responsive relationships.



What is EL?

Let's watch a short
animation
to find out more.



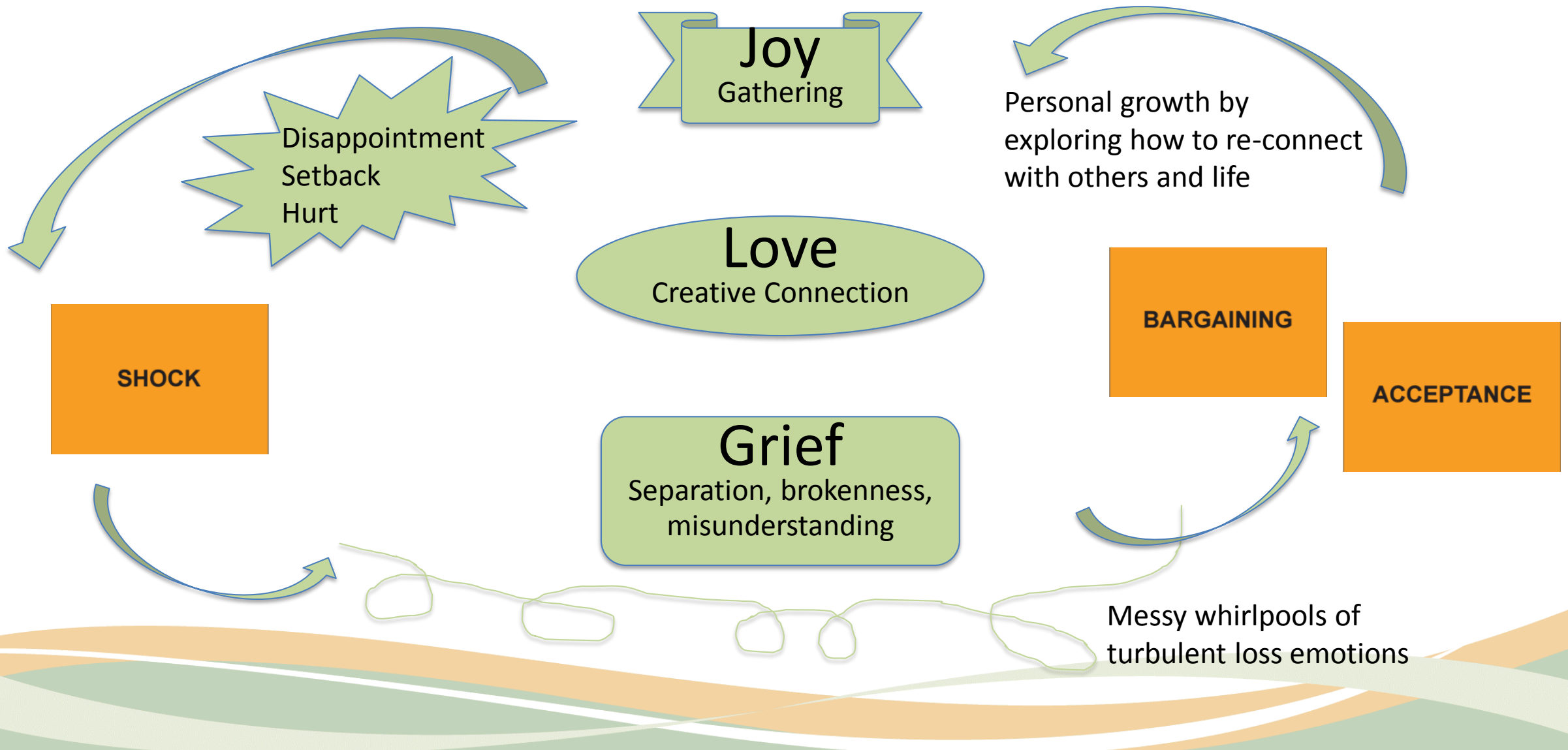
**Fire
exit**



What is an Emotional Lifecycle?



Lifecycle diagram



Life feels good!

Diversity
Misunderstandings
Upsets
Things go wrong

SHOCK

Wide range of physical symptoms

Make a plan,
take a small
risk and do
something

Let it go

Bargaining

Acceptance

Uncomfortable feelings

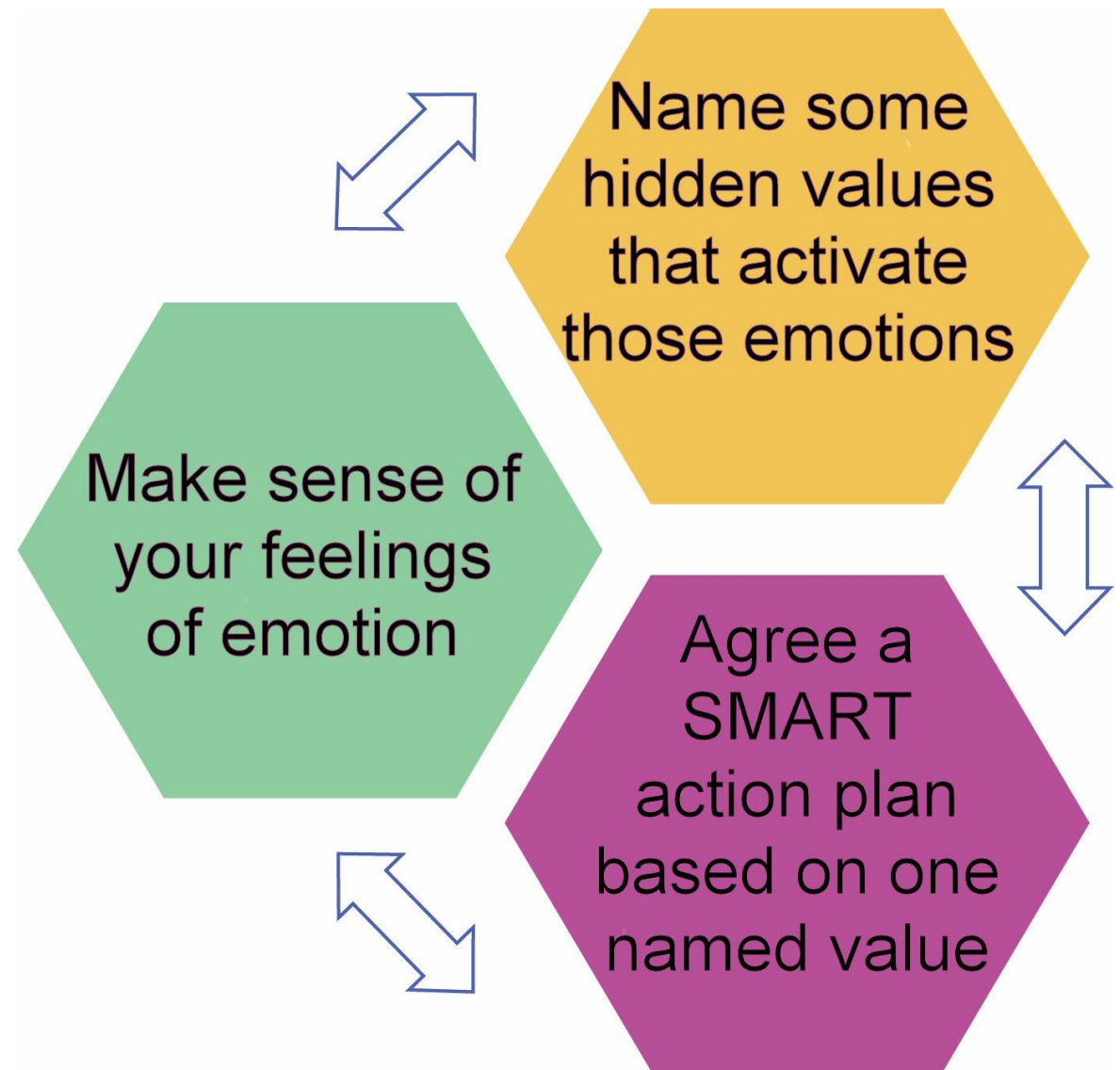
A decorative graphic at the bottom of the slide consisting of several overlapping, wavy, horizontal bands in shades of orange, yellow, and light green, creating a sense of movement and depth.

What can we do when we have a Shock reaction and get stuck?

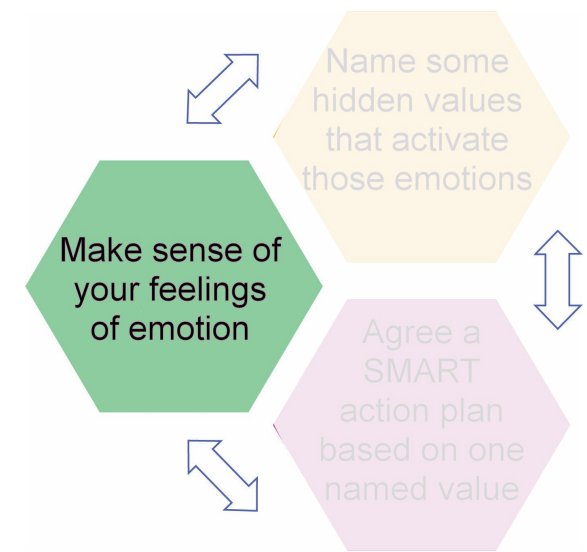
- Find a safe place
- Find a safe person
- Make a plan



The 3 stages of the Creative Conversation



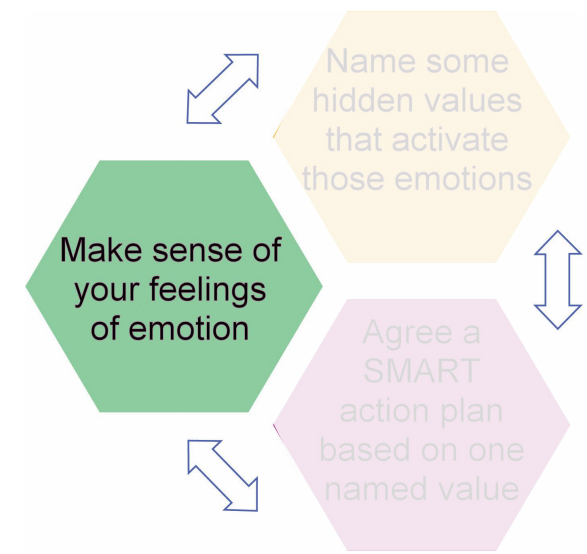
Let's look at the Stepping Stone cards together



Stepping Stone cards

Use the cards intuitively, to show others how you might feel and remember

- You can't get this wrong! Arrange them however comes naturally to you
- Use as few or as many cards as you feel relevant
- Please don't touch other people's cards



Scenario

**You've been left out of the
social event!**



Looking at card patterns

Be curious. Ask key questions.

Is there a time sequence?

Where is the Shock Stepping Stone card?

Where are the Bargaining and Acceptance Stepping Stone Cards?

Are there any card overlaps?



- It's perfectly ok to change your pattern as you talk to others and your thoughts evolve
- An emotion is a physical preparation state for action or withdrawal in response to stimuli. Your body is preparing to do something.



- Emotions are part of being human and we cannot permanently switch them off. If you ever feel some or all of these emotions then congratulations, you are having a normal human response!
- All emotions have a useful purpose. A summary is on the back of each card.



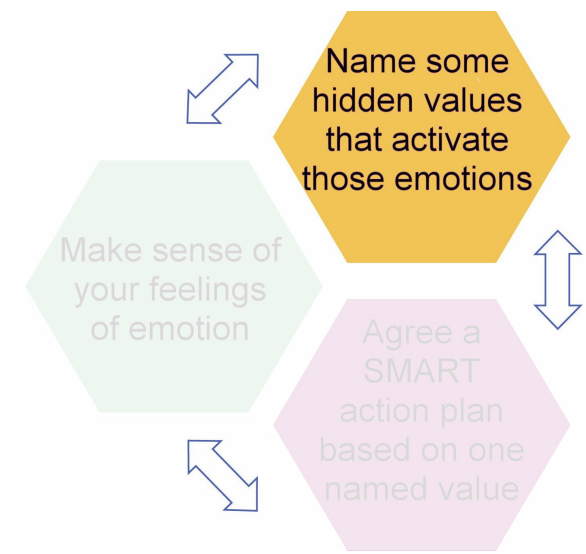
- We feel these emotions because something we value is under threat. If you didn't care you would not feel like this!
- We may all experience a similar event, but we may react very differently to that event.



Name some hidden values

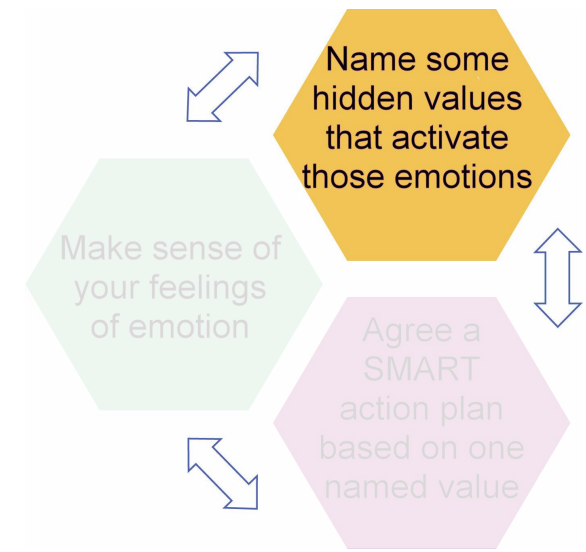
Guess what you might have lost in the scenario, or what you fear you might lose.

“Now that I have been left out of the group, what is it I can no longer do? What have I lost?”

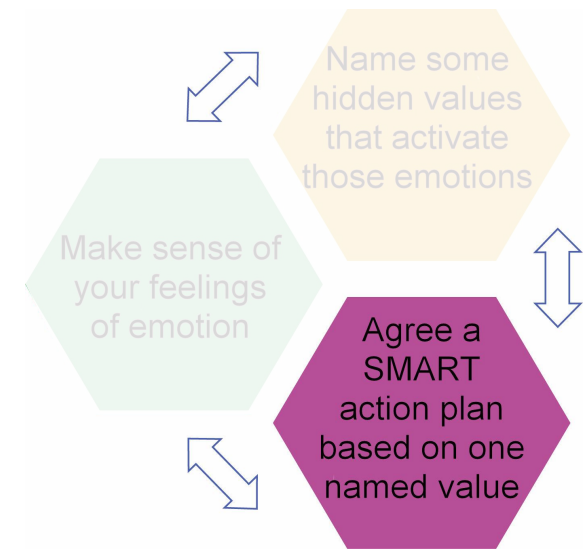


Examples of losses

Feeling part of a group
Feeling wanted
Self esteem
Confidence
Someone to hang out with
Someone to laugh with
Someone to eat with
Trust in my friends
Plus many more.....

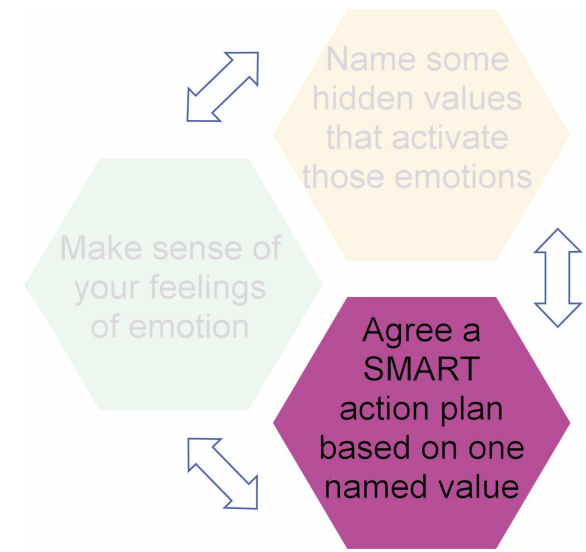


How to make a SMART plan



- ☐ **S**pecific – Named
- ☐ **M**easurable – How will you know you've got it back?
- ☐ **A**chievable – Start small and practical
- ☐ **R**elevant – Is it worth it?
- ☐ **T**ime-framed – How long is it likely to take? Must be quick

Why do SMART plans sometimes fail?







EMOTIONAL ROUNDABOUT



Depression Lay-by

When you're running out of fuel, or getting low

Bargaining



BLOCKED

Too difficult to recover

Acceptance



BLOCKED

Too important to let go of

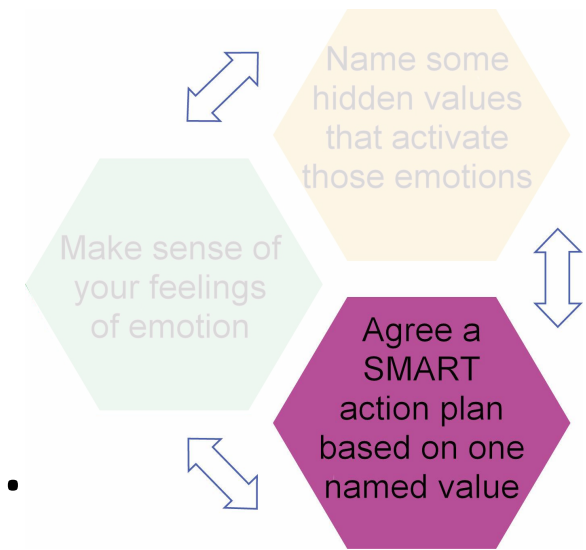
Setback or loss



Bargaining styles

Look closely at the list of Bargaining styles.

Which ones do you naturally most relate to?
Do you differ at home and at work?
Which ones do you instinctively revert to
when under pressure or challenged by a pupil?



Different Bargaining Styles

Assertive

Aggressive

Passive

grab	ask "what if"	am resigned
barge	ask "if... then..."	lie low
feud	endure	wait and see
threaten	negotiate	stagnate
pursue a vendetta	risk	play dead
corner	motivate	concede
poison	convince	turn shy
dominate	inspire	submit
put down	try	step back
oppress	declare	hesitate
drive others	influence	apathetic
force	take turns	non-action
break	be present	accept defeat
pressure	write a letter	get nostalgic
bully	team up	acquiesce
	offer	be moulded

Assertive Bargaining methods

Pick one to recover the small practical loss you chose

invest	motivate
ask "what if...?"	convince
use gentle pressure	inspire
redeem	transform
restore	persuade
ask "if... then..."	try to
offer	affect
discuss	declare
attempt	give feedback
state	influence
see from their side	be present
appeal	learn more about
persevere	be part of a wave
negotiate	acknowledge
assert	respect
take turns	commit to
risk	write a letter
summarise	team up

Name some hidden values that activate those emotions

Make sense of your feelings of emotion

Agree a SMART action plan based on one named value

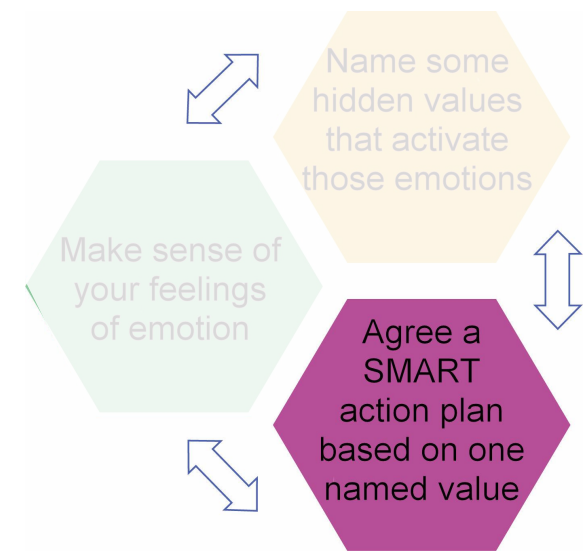
How's your Bargaining?

Can you label each column on this worksheet with the correct Bargaining style? Can you add any more examples of each Bargaining style to the appropriate column?

List 1	List 2	List 3
Name of Bargaining style: _____	Name of Bargaining style: _____	Name of Bargaining style: _____
Grab Barge Make threats Insult Force Pressure others Bully Break	Endure Don't give up Convince Try again Take Turns Be present Ask "what if?" Team up Persuade	Lie low Hide Wait and see Turn shy Give in Hesitate Accept defeat Keep quiet Surrender

Plan-B for resilience

Think through and prepare in advance for alternative Bargaining style or another SMART loss recovery in case your first plan doesn't work.



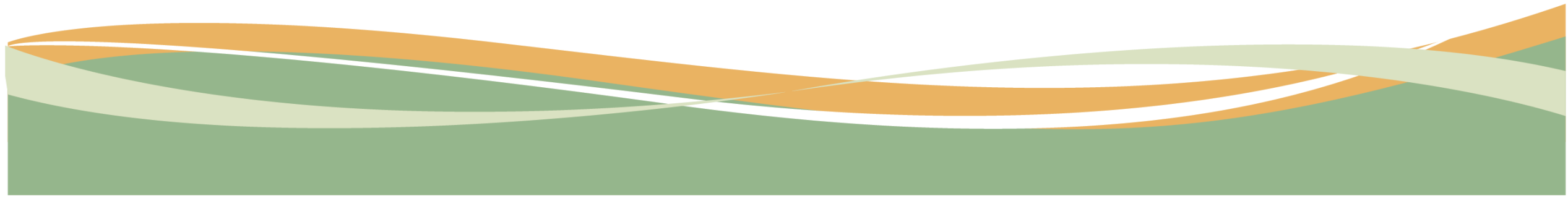
What can the Emotional Logic team offer you?

- Training to become an EL Coach for you or your whole school team
- Improved staff attendance and wellbeing
- 1:1 personal learning appointments for those struggling
- Support for your colleague's families and friends
- Support for your school's children and families
- Free advice on mental health matters over the phone from medical, educational and business professionals



Thank You!

www.emotionallogiccentre.org.uk



SHELLY IN SHOCK

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ILLUSTRATED BY BRADLEY GOODWIN

