

# emotio**n**ary

Say what you feel

Illustration:

Adriana Keselman

Alejandra Karageorgiu

Anita Morra

Bela Oviedo

Cynthia Orenztajn

Elissambura

Federico Combi

Gabriela Thiery

Javier González Burgos

Jazmín Varela

Josefina Wolf

Keki un puntito

Luciana Feito

María Lavezzi

Maricel Rodríguez Clark

Nancy Brajer

Nella Gatica

Paola De Gaudio

Patricia Fitti

Romina Biassoni

Tofi

Virginia Piñón

PALABRAS  
ALADAS



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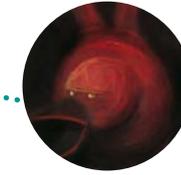
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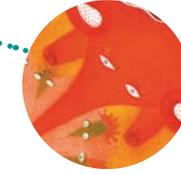
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## PROLOGUE

**Rosa Collado Carrascosa**

An EMOTIONARY. What a fantastic idea to help a person get to know themselves.

This EMOTIONARY will help even the youngest reader to recognise their emotions and discuss their feelings. This makes it possible to channel those emotions properly, in turn allowing us to reach our full potential, without compromising our abilities.

The EMOTIONARY can be seen as a fundamental pedagogical support. It allows the development of a child's emotional intelligence, which is key to his or her self-acceptance and to healthy psycho-evaluative development. For us to be happy, we must learn to integrate an understanding of our emotions into our psychological development.

The discovery, identification and differentiation of our emotions through this EMOTIONARY provides young readers with a safe educational context in which to discover themselves and to grow into emotionally self-aware adults with the sensitivity required to meet life's challenges.

Experiencing emotion is a human privilege, and learning to express our emotions will help us get closer to those we love.

*Emotions are instinctive or intuitive states that affect our bodies, minds and how we behave. The purpose of emotions is to help us to deal with what is happening around us.*

*Feelings provide you with information about yourself and how you are reacting to a particular emotional state. Feelings serve as a way of expressing/communicating our emotions – to ourselves and also to others.*

Rosa Collado Carrascosa is an experienced psychologist and psychotherapist.



Information for grown-ups.

# Compassion

Some people call it sympathy. We feel compassion (or pity) for others' misfortune.

## What does compassion motivate us to do?

It motivates us to help those who are suffering, whether they are family members or complete strangers. They could even be characters that exist only inside a book, such as a fox that has lost his family. Our compassion makes us want to hug him to relieve his sadness.

If someone is feeling sad and we don't help them, we might enter the territory known as **remorse**.



# Remorse

Some people confuse remorse with regret.

Regret is the uncomfortable feeling we might have after doing something we wished we hadn't or not doing something we wished we had. Remorse, however, only appears when we do something we know was wrong.

For example, you might regret having said "no" when your sister offered you some of her chocolate... but you'd certainly feel remorseful if you took some of her chocolate without asking.

## How does remorse work?

It is simple but effective. Remorse doesn't allow you to think about anything else apart from the bad thing you did. It starts with mild discomfort, but little by little it grows inside you.

That discomfort that gnaws away at you is called **guilt**.



## Envy

Some people say that envy and jealousy are the same. This, however, is not the case – although these emotions do go hand in hand and feed off each other. They suck the joy out of you. They don't care if you grow and improve. They are simply concerned that others around you don't.

### What's the difference between jealousy and envy?

Jealousy makes it difficult for you to share what you consider to be yours, like the attention of a loved one. Envy, on the other hand, doesn't focus on what you have, but on what others have. You might feel envious when someone has something you **desire**.



# Pleasure

Pleasure is the satisfaction and delight that is produced by something we really like.

You can find pleasure in all sorts of activities: fantasising about other worlds, looking at beautiful things, solving difficult problems, playing, feeling loved...

## How can we appreciate pleasure?

To feel pleasure, you need to concentrate.

Imagine you have a glass of juice in front of you. You could drink it all quickly to quench your thirst. Or you could concentrate on the flavour and enjoy it slowly. With pleasure, you get out what you put in.

Living a life full of pleasure makes us **grateful**.



## Gratefulness

Gratefulness, or gratitude, is the soul of the phrase “thank you”. It is multiplied every time you see a gift in the ordinary and everyday: in the smile of a friend, in a song.

Gratefulness teaches you to appreciate life more. It paves the way to happiness.

When I was ten years old, my grandma gave me a Diary of Thanks. She said to me:

“I have one the same. Every night, I write in it all the things that have made me grateful that day. Then, when I sleep, the contents and characters of my diary find their way into my dreams and fill the rooms of my Happy Palace... and the happiness they bring stays with me all the next day.”

### What have we written today?

—Thanks to all those who have filled the pages of this book with their magic.

—Thanks to the person who bought it for you.

—Most of all, thanks to you for sharing in our **emotiOnary**.



**Where could you go in a wingbeat?**

Birds' wings have feathers. People's 'feathers' are words. But not every word helps you to soar – only words that clearly express how you feel increase your chance of flying.

This dictionary of emotions – this EMOTIONARY – will inspire you to a very special wingbeat. And you will never want to stop moving your wings!



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