Karren Garrity

Master Your Feelings Podcast

Episode 4

Name That Tune (Show Notes)

Welcome to another episode of Master Your Feelings, Master Your Life with Karren Garrity.

Karen is a Licensed Professional Counselor and Nationally Certified Counselor in NW, Connecticut. She is also the author of “The Tool Box: Building Better Relationships with Teens” which you can find on [Amazon](http://www.amazon.com/gp/product/0615640427/ref=as_li_qf_sp_asin_il_tl?ie=UTF8&camp=1789&creative=9325&creativeASIN=0615640427&linkCode=as2&tag=garritylpc-20) and her website [www.toolboxprogram.net](http://www.toolboxprogram.net).

Karren has many tools and programs available for you on her website and we encourage you to visit and [email us](http://www.toolboxprogram.net/contact.html) if you have any questions regarding this podcast episode or questions about Karren’s programs.

In this podcast entitled “Name That Tune” Karren talks about the emotional literacy and the significance of vocabulary. Karren says “If you can’t express what your feeling or what your need, you can become paralyzed in the moment and the feelings of self-doubt and insecurity can be crippling.”

GROWING YOUR EMOTIONAL VOCABULARY

Karren talks about how to handle these challenges by growing your emotional vocabulary. Karren says “Our language provides us with a huge vocabulary to be able to identify specific nuances of feelings. If you can find the right word to explain how you feel, you will have a clue as to where to begin to help. The words become your road map.”

IS THIS A LOCAL OR GLOBAL ISSUE?

A helpful skill Karren teaches us to recognize the difference between local issues and global issues.

Local Issues- something that you have a direct impact on that is in your circle of control

Global Issue- an issue you have no control over such as the weather, or you favorite sports team winning or losing.

Karren brings us a scenario and an exercise to help us recognize the difference between these two issues and how we can apply them to help us find clarity.

Karren says “challenge yourself to search for specific emotion words to identify what you are feeling. You will be surprised to feel how the path opens up for you to figure out how to feel better.”

You can find a great list of emotional vocabulary words on Karren’s website [www.toolboxprogram.net](http://www.toolboxprogram.net). Send Karren a quick [email](http://www.toolboxprogram.net/contact.html) and she will send you the list in a PDF file.

CONNECT WITH KARREN

Once again you can go to [www.toolboxprogram.net](http://www.toolboxprogram.net) to find tons of great information from Karren Garrity along with her book [THE TOOL BOX: BUILDING BETTER](http://www.amazon.com/gp/product/0615640427/ref=as_li_qf_sp_asin_il_tl?ie=UTF8&camp=1789&creative=9325&creativeASIN=0615640427&linkCode=as2&tag=garritylpc-20) [RELATIONSHIPS with TEENS](http://www.amazon.com/gp/product/0615640427/ref=as_li_qf_sp_asin_il_tl?ie=UTF8&camp=1789&creative=9325&creativeASIN=0615640427&linkCode=as2&tag=garritylpc-20). If you are enjoying this podcast we encourage you to head on over to [ITUNES](https://itunes.apple.com/us/podcast/master-your-feelings-podcast/id947505642?mt=2) and give Karren a written review. It helps spread the word about MASTER YOUR FEELINGS, MASTER YOUR LIFE.