

## **What is Emotional Logic?**

### **Information for pupils**

**Emotional Logic is a way to understand why we feel like we do and make a plan to improve our lives. It's a way to turn life's challenges into personal growth.**

Life can be difficult, and we all struggle at times to know how to deal with the challenges we face. When this happens, Emotional Logic can help you.

Emotional Logic is not counselling or therapy. We call it a 'conversation based skill.' You can learn it, so you can get through life's tough challenges and feel better. It is quite simple to learn the basics. We teach you how to do this and then we support you to make plans to improve your life and feel happier. Emotional Logic has been designed by family doctors (GPs) in the UK and our Emotional Logic coaches are all specially trained to teach people how to use it. Emotional Logic has been used with many thousands of people across the globe and they tell us that it has really helped them.

We usually work one to one with you, but we can also work with you and the people who care for you together, if you think that would be helpful. We start our sessions by listening to you to find out what is going well in your life and what aspects of your life you would like to change or have more of. Our sessions are confidential. We have a separate leaflet explaining what confidentiality means and we will explain this to you when we meet.

People ask for our help for many different reasons. We promise to listen carefully to your point of view and we won't judge you. We are here to help you. We will show you how to make sense of how you are feeling and make effective plans to move forward. Once you have learned how to do this you can pass on the skills to other friends and family if you like.

### **What might change in your life after using Emotional Logic?**

This varies from person to person. The one thing everyone has in common is that they say that things improve! Here are some of the most common things people tell us have changed for the better:

- I feel much less worried now
- I am more confident
- I understand my anger now and get into less trouble at school
- I don't feel so anxious about going to school now
- I feel listened to
- When things go wrong, I know what to do now
- I know how to say what I think without upsetting everyone

- I used to keep everything in but now I know how to talk about it
- My family life is happier
- I have more friends
- I get on a lot better with my parents now
- Since learning Emotional Logic I'm doing better at school

That last one might surprise you. Scientists have shown that we all learn better when we feel safe and understood. Learning Emotional Logic will help you to feel safe, heard and valued. You can learn ways to negotiate with friends and adults that really work. When your relationships with people around you get better, you can learn things more quickly.

If you want to find out more, have a look at our website where we have a short animation and many frequently asked questions for children, carers and teachers.

[www.excitingeducation.co.uk](http://www.excitingeducation.co.uk)

If you have any questions, try talking to the member of staff who has arranged for you to have these sessions. If they can't help, we are happy to answer any questions you may have. If you or your carers want to contact us, ask them to use the email address below and we will get back to you as soon as we can.

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