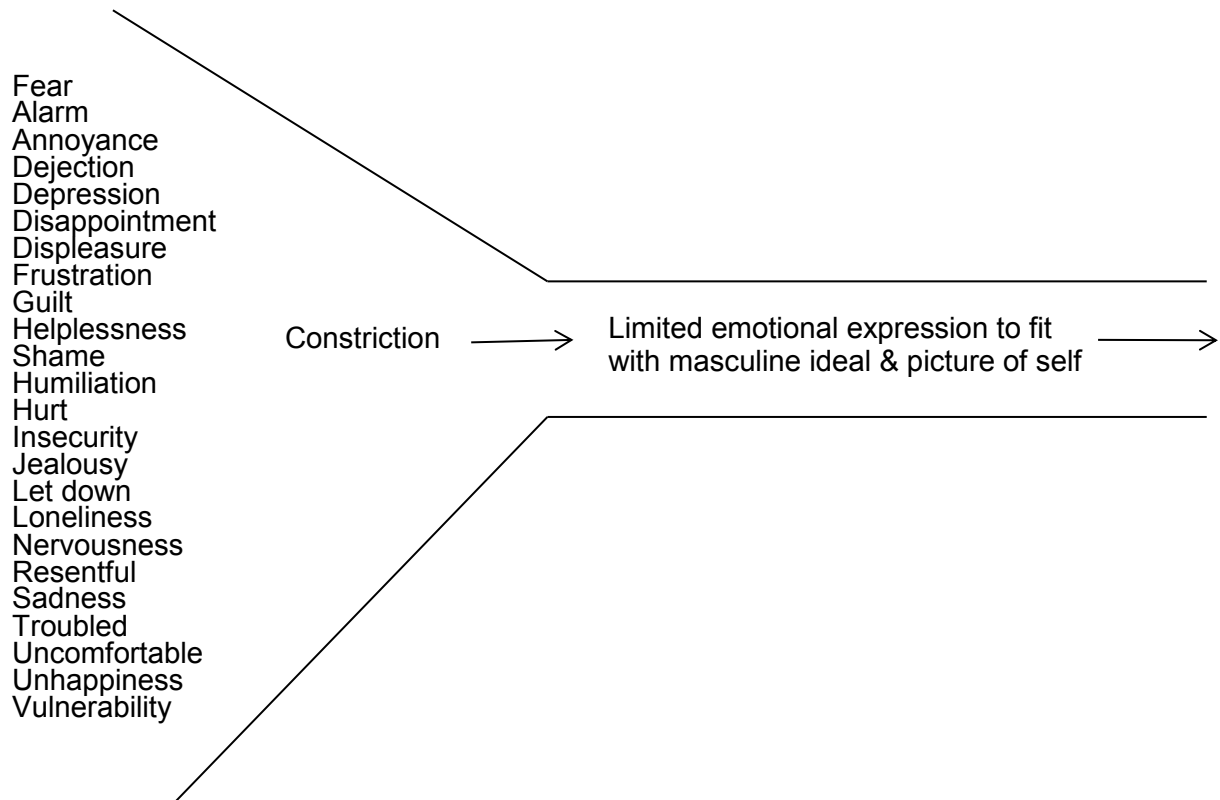


The emotional funnel

Correlates with p. 41 of the Participant workbook.

Remind them of the male code and how that has taught males at an early age that, as part of 'being a man', emotional expressions is limited. Next, present the concept of 'The emotional funnel'.



Explain that there are such things as primary versus secondary emotions, and that, although many emotions can be felt by men, they often only express a limited set of emotions.

Discussion of 'The emotional funnel' fits within the more expansive 'Process model of emotional expression and non-expression' articulated by Kennedy-Moore & Watson (1999).

It is useful to solicit feedback on this concept, and have the group reflect on the process of working 'backwards' through the funnel, in order to feel and articulate a broader range of emotions.