Karren Garrity

Master Your Feelings Podcast

Episode 1

Emotions - Nouns or Adjectives? (Show Notes)

Welcome to the initial launch 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 her introduction, Karren says “Are you feeling overwhelmed by your emotions? Do you feel stuck or tripped up? Do you just wish there was better way? On each episode of this podcast I will offer specific tips and tools to help you get off the emotional roller coaster and gain more stability over your self and your relationships.”

In this episode entitled “Emotions…Nouns or Adjectives?” Karren talks about understanding that emotions are adjectives, not nouns – they should describe how you feel, not define who you are.

This is the beginning of emotional literacy

And the first steps to stabilizing our emotional roller coaster.

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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.