

Busting a FAB



“I **F**eel ___ **A**bout ___ **B**ecause I need ___.”

Busting a **FAB** means expressing my emotions and needs with words. Every person has emotions. All emotions are okay! We feel emotions in our bodies. Emotions are temporary – they come and go like clouds in the sky.

Pleasant Emotions		Unpleasant Emotions		Universal Human Needs			
Curious Interested	Excited, Enthusiastic Energetic, Eager	Angry, Mad Furious, Upset	Confused, Puzzled Mixed Up, Unsure	Capability, Skills Competence	Choice, Autonomy Freedom	Community Friends, Belonging	Giving, Sharing
Thankful Grateful	Playful Exuberant	Worried Scared, Afraid	Tense, Unsettled Concerned	Help, Support	Learning, Discovery Exploration	Play, Fun	Respect, To matter To be considered
Friendly, Loving Tender, Warm	Happy, Glad Delighted, Cheerful	Frustrated Discouraged	Sad, Unhappy Disappointed	Rest, Relaxation	Safety, Trust	Self-expression Creativity	To be heard To be understood
Peaceful, Content Calm, Relaxed	Surprised, Shocked (Pleasant)	Lonely	Surprised, Shocked (Unpleasant)	Understanding Me Self-empathy	Understanding Others, Empathy	Predictability Routine	Other
Other		Other					

FAB is an abbreviation for “I **F**eel ___ **A**bout ___ **B**ecause I need ___.” Word banks are tools to help me find words to create my **FAB**. Naming my emotions gives me clues about my **human needs**. Every person has needs.

If I feel a pleasant emotion,
then my needs are being met.

I feel **curious** and **eager** about reader’s theater because it meets my needs for **creativity** and **self-expression**.

If I feel an unpleasant emotion,
then my needs are being blocked.

I feel **worried** and **frustrated** about reading aloud because it blocks my need for **capability** and **choice**.

I can bust a **FAB** to:

- Learn how I feel about something and identify what I need
- Name it to tame it, or calm myself down when I have big feelings
- Tell someone my **FAB** so they better understand me
- Listen to someone else’s **FAB** so I better understand them