Acknowledgements

Thank you to Kevin Francisco Ramirez for his guidance and support throughout the writing of this book.

His thoughtful advice and constructive feedback helped me refine the book's content and structure.

We experience many emotions throughout our lives—joy, anger, fear, sadness, anxiety, and more. Although we cannot see these emotions, they affect how we learn, work, interact with others, and make decisions. Yet while we spend years learning many different subjects, we rarely learn how to understand and manage our own emotions.

Emotional literacy, like reading and writing, should be a basic skill for everyone.

Emotions are not problems. They are signals that help us understand what is happening inside us. Sometimes, we feel hurt, anxious, or misunderstood. Although we cannot always control when emotions arise, we can learn to recognize, understand, and respond to them.

Through stories, insights from psychology, and practical exercises, this book will help you build emotional literacy, better understand yourself and others, and face life's challenges with greater confidence and calm.

May this book help you understand the emotions you experience and, along the way, discover your true self.

Cover and Illustration Design: 547 Design Studio

I Say I'm Fine, But I'm Not Camille Chen

I Say I'm Fine But I'm Not

A Practical Guide to Building Emotional Literacy



CAMILLE CHEN



Camille Chen

Camille Chen is the founder of HerPower, a nonprofit organization. She has a longstanding interest in emotional literacy, family communication, and adolescent development, and is dedicated to helping more people understand emotions and improve their communication skills.

She grew up with both Chinese and Western cultural influences, in a home where her mother encouraged open communication. This early experience sparked her interest in how people express themselves and understand one another. Through conversations with teenagers, parents, and educators, she has seen how difficult it can be to understand and express emotions, and how those difficulties can lead to misunderstandings even between people who care deeply about each other.

This book grew out of her years of observation, reflection, and practical experience. Through it, she hopes to help more people develop emotional literacy

TABLE OF CONTENTS

Part One | Recognizing Emotions

Chapter 1 | Noticing Your Body's Signals 02

Chapter 2 | Identifying and Naming Your Emotions 09

Chapter 3 | Recognizing Emotional Triggers 19

Part Two | Regulating Emotions

Chapter 4 | Calming Your Brain 28

Chapter 5 | Accepting Your Emotions 33

Chapter 6 | Being Kind to Yoursel 39

Part Three | Expressing Emotions

Chapter 7 | Expressing Emotions Isn't Losing Your Temper 48

Chapter 8 | Letting Go of Unnecessary Explanations 56

Part Four | Understanding One Another

Chapter 9 | Learning to Understand Others 64

Chapter 10 | Understanding Others Without Compromising Yourself 72

A Note to You as You Finish This Book 81

Questions You Might Have… 83