

BALANCING LOGIC AND FEELINGS



BALANCING

LOGIC

FEELINGS

TO START...

What is **LOGIC**?

Logic is a particular way of thinking, especially one that is reasonable and based on good judgment.

What are **FEELINGS**?

Feelings and emotions show us how we feel in situations or around people. For example, you may feel scared to walk down an alley at night or feel happy when spending time with a friend. These feelings act as your guide. They can tell you about whether something is good or bad for you. So try to pay attention to them!

What is **PERCEPTION**?

Perceptions (or how we look at something) play a powerful role in how we process and react to information. Therefore, perception affects our **logic** and how we **feel**. For example, two people may look at the same situation but perceive it differently. One person will see driving a car fast as dangerous, while another may find it exciting. This difference in perception leads to both people making **different choices**.

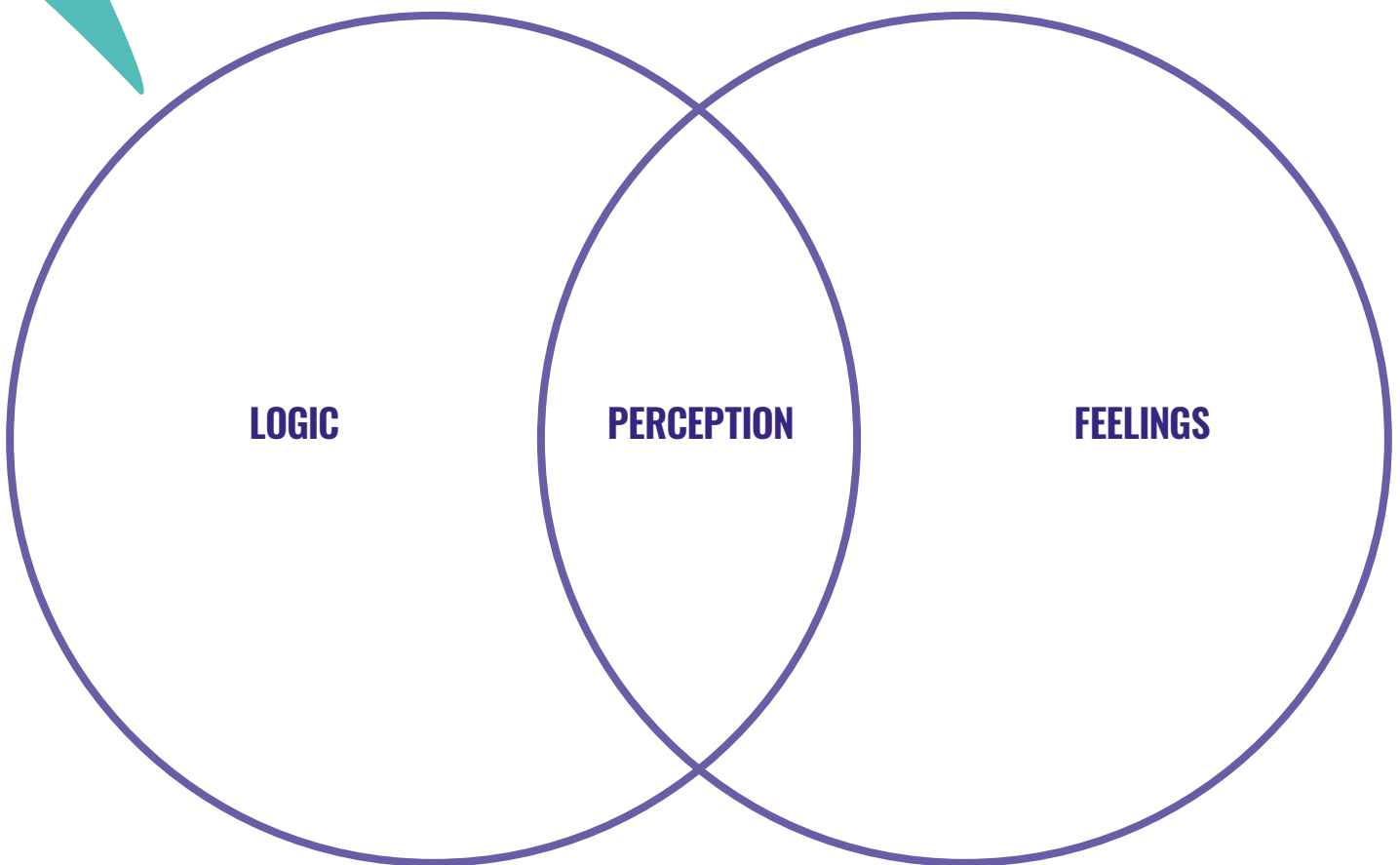
Note: To make good choices, there must be a balance between logical thoughts and your feelings.



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Task: Using the diagram/table below, think about some situations (past or future) and how you can use logic, feeling and perception to make a choice. Make notes below!



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Situation	My Logic	My Feelings	My perception	My Choice