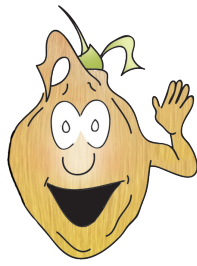


# Onionhead<sup>®</sup>

Peeling - Feeling - Healing  
Dictionary





Hello...my name is Onionhead and I really care  
About emotions that I want to share.

Even though I'm an onion, I think I am wise  
The reason is I never wear a disguise.

I let people know what I honestly feel  
I figure it is the only way to heal.

I know it's not easy to always know each emotion  
Especially when those around us are in a commotion.  
But I will try to make it easy, in order to understand  
How to know feelings better, so let me lend a hand.

Life is sometimes hard, but that's not always bad  
Because we grow from our feelings, even mad or sad.

We can find a way to solve every problem and hurt  
By learning how to handle feelings and staying alert.

These poems guide us to know ourselves better  
And get all these emotions down pat to the letter.

Love is surely the most wonderful solution  
It's the feeling that makes for a great resolution.

Let's be kind, honest and the smartest we can be  
Believing we are incredible, important for all to see.

We need to feel comfortable sharing our feelings  
Let us say them confidently in all our dealings.

I already know that you are an incredible being  
I am just here to point out what you might not be seeing.

I'm an onion that helps you peel it and feel it  
Because that's the only way you can surely heal it.

With love,  
Onionhead



## ACCEPTED

agreed with, admired, approved of



## REJECTED

refused, denied

We all have a desire to be accepted

But there will be times when we'll be rejected.

Very often, it does not have to do with us

The best thing to do, is not to make a fuss.

Know there will always be people who love us so

No matter where we are, or where we will go.

Let's focus on those who really know how to care

And not waste too much energy on what is not fair.



## **BRAVE**

courageous, strong



## **FEARFUL**

frightened, weak

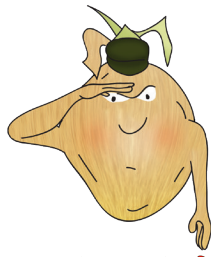
For Those who do not feel fear cannot feel brave  
There will be friends to let go of and friends we must save.

Feeling fearful is part of the journey of our life  
For there are many things that can cause us strife.

Being brave is definitely accepting our fear

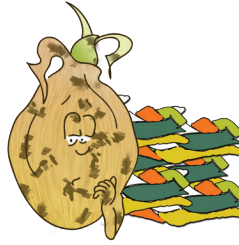
And then going ahead, dressed in full gear.

We are steadfast heroes, no matter how we act  
Because we work to figure it out, and that's a fact!



## **DISCIPLINED**

obedient, doing the right thing



## **UNDISCIPLINED**

behaving in a bad way, unruly

Oh, being disciplined is such a gift

As it gives our spirit such a lift.

We are all undisciplined at times and such

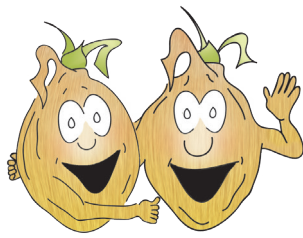
When we really do not care about very much.

But it is important for that feeling not to last

As we can certainly create a horrible past.

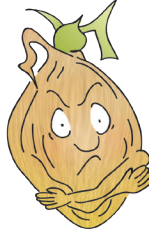
Let us concentrate on effort and rules

To be a winner, they are the best tools.



## EMBRACING

supporting, welcoming, happy for



## JEALOUS

not happy for, wanting what others have

*My goodness how jealousy creates such a mess*

*We tend to only focus on ourselves having less.*

*Instead let's look at others who have more*

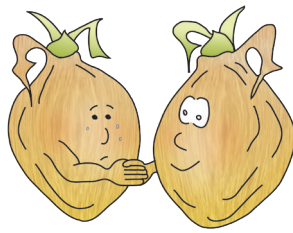
*And try to create a life, we will surely adore.*

*Being happy for another is fabulous indeed*

*We see what we want and take the lead.*

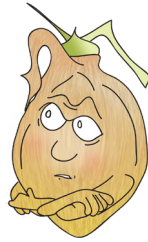
*Supporting another becomes our most honorable trait*

*Then life and what it gives us will always seem great.*



## **FORGIVING**

allowing room for other's mistakes, willing to feel it's ok



## **RESENTFUL**

staying mad, heart closed

Forgiveness is such an important life lesson

For it holds within it the most loving expression.

We all make mistakes and need to be forgiven

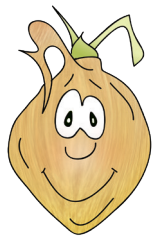
And feeling resentful leads us to be terribly driven.

Resentment is something we do not want to feel

And if we hold on to it, we simply cannot heal.

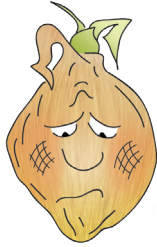
We feel so free when we are honestly forgiving

We then have relationships that make life worth living.



## **GUILTLESS**

innocent, did nothing wrong



## **ASHAMED**

did something wrong, not feeling good about yourself

Oh boy it feels just terrible to feel ashamed  
We know we did something where we should be blamed.  
Shame is a horrible emotion, so hard to beat  
We feel like we just fell off our stable feet.  
We need to think about things before we act  
Then we keep our life pure and intact.  
The smartest thing we can do is to stay out of trouble  
And make it a routine to protect our guiltless bubble.





**HAPPY**

cheerful, joyful, pleased



**SAD**

gloomy, down, sorrowful

There are always times when we want to pout  
So we need to think of things to be happy about.

We will all have days where we feel sad

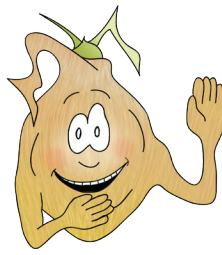
If we don't deny it, we won't get mad.

Life just has its ups and downs

Time for smiles and time for frowns.

But if we are gloomy, we need to try hard

And look in life's deck for our happy card!



## HONEST

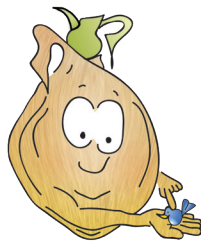
telling the truth, being straight forward



## DISHONEST

not telling the truth, hiding something

Being honest is something we must be  
We let others know what they are meant to see.  
We will never feel good about ourselves if we tell a lie  
Our peaceful moments will simply pass us by.  
Therefore, tell the truth, no matter how afraid  
Because by being honest best relationships are made.  
Honest to goodness truth, what a gift to behold  
We create our own life story, a treasure to be told.



**KIND**

gentle, caring, sweet



**CRUEL**

mean, nasty, bitter

It is never good to be Cruel or mean

Whether you're a Child, adult or Teen.

Meanness makes our life ever so Cold

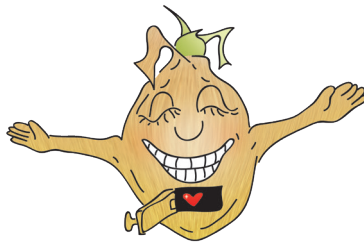
However, gentleness is caring being bold.

Kindness is love put into action

Whereas nastiness is just a bad reaction.

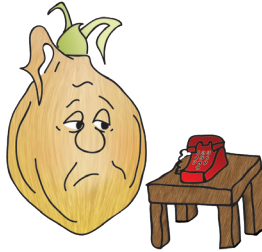
Therefore, when in doubt, always do the kind thing

Because that is what makes us the best queen or king!



## LOVED

being cared for deeply, cherished



## LONELY

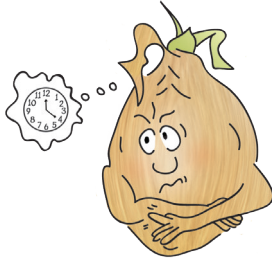
alone, friendless, feeling unloved

By golly, it is hard to feel alone  
It is like having no ice cream, just a cone.  
Whereas being loved is all it's about  
And it makes us certainly want to shout.  
We are completely loved from A-Z,  
Which helps us develop, don't we agree?  
In future, let us inject love in all we do  
And be loving to all, not just a few!



## PATIENT

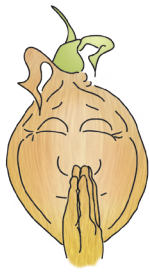
calm, not complaining



## IMPATIENT

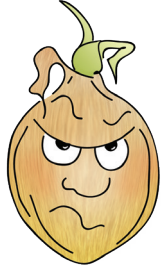
annoyed, snappy

Patience is such a wonderful thing  
It prevents us from getting an emotional sting.  
We don't get annoyed at having to wait  
Even when people are sometimes late.  
We focus on not being mad or snappy  
Then we can stay calm and very happy.  
We must believe that whatever is meant to be  
Will come to our door with just the right key.



## PEACEFUL

pleasant, quiet, relaxing



## ANGRY

mad, agitated, furious

Many Things can happen to make us mad

And just as many Things to make us bad.

But when we focus on being at peace

We see ourselves floating in water, just like geese.

We say to ourselves, don't get too upset

It will all work out, so please do not fret.

We think positive thoughts to avoid getting furious

This is surely the best way to stay in tune and curious.



**SAFE**

protected, defended, secure



**SCARED**

nervous, unsafe, at risk

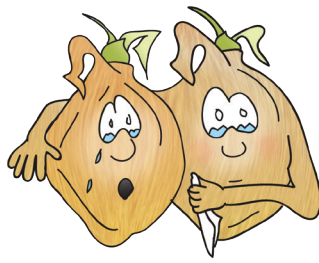
Many times, we have been scared and we suspected  
That things are happening where we are not protected.

We work very hard to think things through

As a way to be brave and not feel blue.

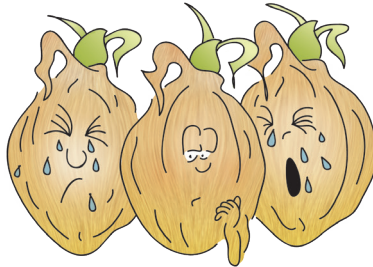
Though we all deserve to feel safe and secure  
There can be risky things that we might endure.

It is best to say, we must be smart and strong  
And find a safe path so troubles can't stay long.



## **SENSITIVE**

thoughtful, tuned in to other's feelings



## **INSENSITIVE**

not aware of other's feelings, inconsiderate

When we feel sensitive, we try to find

If the other person is of the same mind.

Sometimes when we are blessed, others may not be

So, it is important that we stay complimentary.

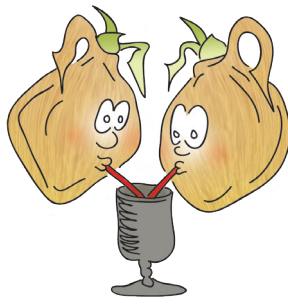
We need to be sensitive, and try not hurt a friend

It is important to know how and when to bend.

Sensitivity is form of love, consideration and care

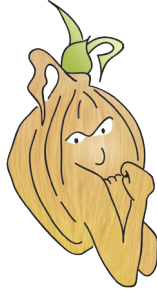
Knowing it is good to be thoughtful, kind and aware.





## SHARING

giving to others, generous



## SELFISH

keeping things to oneself, stingy

If everyone would be happy to share  
We would not have such problems to bare.  
We know that selfishness is not very good  
Because things don't work out as they really could.  
It is important that we work on our "giving" story  
So we can help our friends have much more glory.  
We need to share our toys, things and such  
Especially with those who don't have as much.



## SMART

intelligent, makes good decisions



## CARELESS

thoughtless, makes mistakes easily

Most people think being smart is in the brain

But really it is more in the heartfelt lane.

Making good decisions is such an art

It is the foundation of being really smart.

When we are careless, we seem to make mistakes

We need to go slower and put on the brakes.

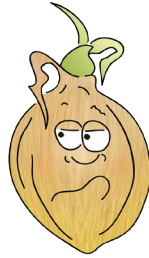
Stay learning each day to understand more

How to take the right path and avoid the wrong door.



## THANKFUL

grateful, feeling very lucky



## THANKLESS

ungrateful, not aware of other's giving

We know it's important that we are grateful

Because it keeps us from feeling hateful.

If we concentrate on all the good that comes our way

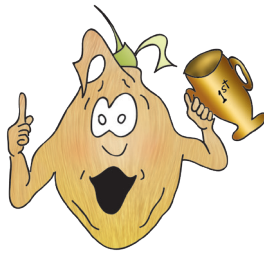
We feel thankful and happy, and nothing seems grey.

There will be days when we draw such blanks

But there will also be day where we feel such Thanks.

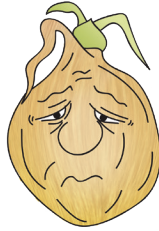
If we wake each day and say Thanks for all we've got

Then we will be very content with our life's lot.



## TRIUMPHANT

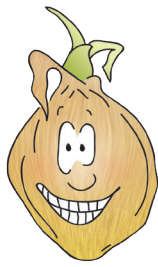
successful, feeling like a winner



## DEFEATED

crushed, losing

No matter what happens, we can feel like a winner  
And it certainly makes losing an awful lot thinner.  
In truth, being triumphant is not what it appears  
Triumph is sometimes giving another some Cheers.  
We are all winners, as it is in the trying you see  
For we never really know what is meant to be.  
We are all indeed victorious in our own right  
For our good deeds are what keep us in the limelight.



## WILLING

open to new things, eager, readily giving



## STUBBORN

closed, stuck on one opinion, headstrong

Be willing and open makes life more fun

And we certainly get much more done.

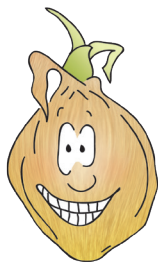
Being closed and stubborn has proven not very good  
Because things don't happen in the way they should.

Trying new adventures is exciting and daring

It certainly makes for a better story to be sharing.

We must open ourselves up, not stay closed and stuck

In truth, being willing and eager brings us such good luck.



## WONDERFUL

fabulous, fantastic, full of wonder



## HORRIBLE

awful, yucky, terrible

Feeling wonderful is more exciting than we can say

It is like the sun shines each and every day.

Though things can happen that are really yucky

We need to focus on where we're extremely lucky.

Feeling wonderful is really a gift to ourselves

We become infused with joy that fills our shelves.

We can truly create wonder, if we see fit

And a miracle can happen, if we believe in it!

