

Communicating Feelings

Decide on what emotional challenge you'd like to talk about below.
This worksheet will help you communicate it more clearly.

Describe the situation where this feeling came up. What triggered it?

List 5 adjectives to describe
this feeling:

Who was involved in the
situation where this feeling
originated?

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How does having this feeling make you judge yourself? Ex: Feeling this way makes me feel ___ about myself.

How does this feeling make you feel physically? Does the feeling manifest in a physical way? Ex: Tense, Shaking, Relaxed, etc.

Can you use this feeling to help you analyze a need that you have? For example, This situation made me realize *I need* clear physical boundaries with this person.

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Use this space to brainstorm some strategies or solutions that may help you address this feeling/challenge. Is there something that you think might help?

Use this space below to describe your feelings more in-depth, using the information you clarified in this exercise: