

Formula for Healthy Sharing of Feelings:

I feel \_\_\_\_\_  
(description of feelings)

when you \_\_\_\_\_  
(description of another's action)

because \_\_\_\_\_  
(explanation: name and describe deeper feelings)

I wish you would \_\_\_\_\_  
( description of desired behavior)

Sample:

I feel happy, like a kid that's been given a bunch of colored balloons

when you when for no reason, you send me a love-note, give me a rose

because I'm not expecting it. It makes me feel warm, cared for, special

I wish you would surprise me like that again.

Sample:

I feel angry like a tire that's going to blow out

when you walk out and slam the door on me

because I feel helpless, cut off, alone ... like a little kid that's said the wrong thing and is put in the corner to be punished.

I wish you would let me know what you are feeling, why you are leaving, when you will be ready to share.

Sample:

I feel angry and frustrated like a tiger trapped in a cage

when you keep talking and talking and talking about so many different things

because I get confused, can't follow your thinking, feel helpless, over-powered..... don't know what to say.... afraid I'll say something wrong .....feel that it's my fault that you are feeling the way you do ..... feel helpless like I'm supposed to have the answers, the solutions

I wish you would bring up or share one thing at a time, not beat something to death, give me time to think about it, talk to me instead of yelling at me , speak to me with a kinder tone of voice etc.....