

# *Sharing Emotions*

## **Guidelines:**

1. Listeners
  - Do not offer advice
  - Do not try to fix anything
  - Be present
    - “I hear you”
    - “Thanks for sharing”
2. Sharers
  - Share emotions, not judgments
    - Avoid words like “good” or “bad” or those listed below the feelings wheel
  - Attempt getting down from the reaction emotions to a tender emotion, if you can

“No one is broken, only covered up.”  
~ Laura Duncan (life consultant)

## **The Tender Emotions:**

- Sad
- Afraid
- Lonely

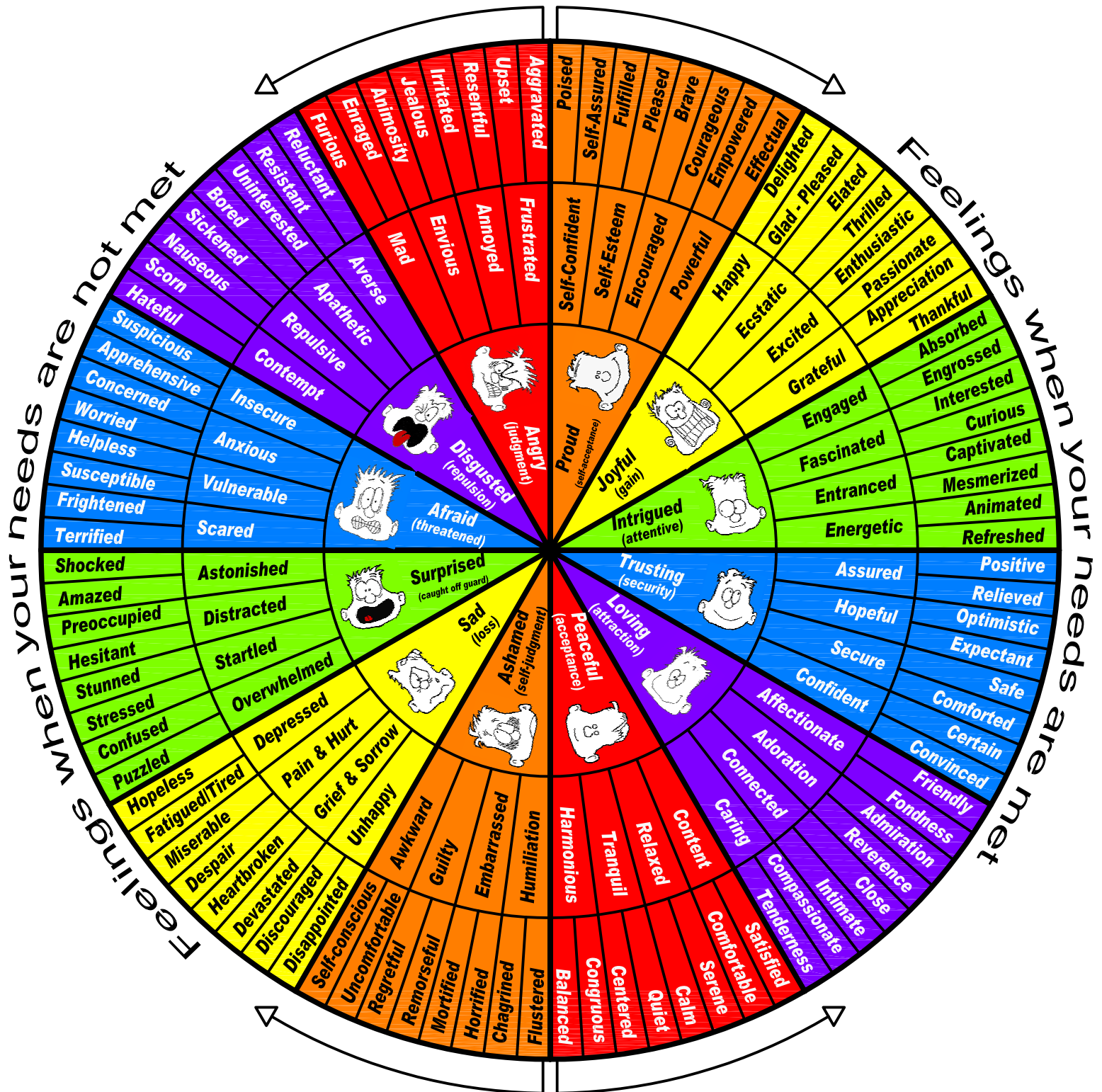
“Feeling completely known, safe and accepted in your vulnerability brings euphoria to human beings, because we were designed for intimacy and freedom.”  
~ Danny Silk (founder, Loving On Purpose)

## **Question/Answer:**

1. What if I can not think of any emotions or if I can not get to a tender emotion?
  - Trying builds your emotional intelligence muscle. Good job for trying! You will improve.
2. What if my spouse shares something that surprises or triggers me and I do not know what to do?
  - Your job is extremely simple, just be present. You may say phrases like, “I hear you,” or “thanks for sharing.” Nothing more is needed.
3. What would keep me from doing this in the future?
  - You must answer this question. If your goal in the relationship is to connect, you must answer this question, then make a plan to protect your connection.

“Don’t seek redemption, seek the Truth, He’ll redeem.”  
~ Mike Maeshiro (spiritual coach)

# Feelings Wheel



Based on Nonviolent Communication by Marshall Rosenberg, Ph.D. May be duplicated for personal use and for teaching Nonviolent Communication.  
Graphics and organization of feelings and needs wheels by Bret Stein. [artisantr@hotmail.com](mailto:artisantr@hotmail.com) Revised 1/1/11

Feelings are internal emotions. Words mistaken for emotions, but that are actually thoughts in the form of evaluations and judgments of others, are any words that follow "I feel like ..." or "I feel that ..." or "I feel as if ..." or "I feel you ...", such as:

Abandoned	Attacked	Abused	Betrayed	Blamed	Bullied	Cheated
Coerced	Criticized	Dismissed	Disrespected	Excluded	Ignored	Intimidated
Insulted	Let Down	Manipulated	Misunderstood	Neglected	Put down	Rejected
Unappreciated	Unloved	Unheard	Unwanted	Used	Violated	Wronged