

# i feel statements

mumshine



active exercise



with others

Once we have named our feelings and understand them. We are in a position to speak to other people about them. How we do this is really important, we need to communicate what we are feeling so that we can make positive changes, however it is really important to not blame others for how we feel (tempting as it is).

In reality we are the only people that can control and manage our emotions, by taking ownership of this we are truly empowered to be able to make positive changes and shift our mindset.

Think how helpful it would be if others told you what they were feeling in this way. It brings people closer, creates a shared understanding and removes self doubt and worry that you have done 'something wrong'.

## Step One

Identify the feeling or feelings that you are experiencing using the emotions wheel.

I feel .....

## Step Two

Spend some time to reflect on the feeling. When did it emerge? See if you can identify the events, triggers or circumstances led to this feeling emerging.

when .....

## Step Three

Dig a little bit deeper now and see if you can identify what thoughts or judgements are bringing up for you (e.g. I feel uncared for, forgotten, excluded)

because .....

## Step Four

Think about what your needs are and what the other person can do to help reduce or remove the trigger or a positive action they can take to support you

I need .....

## Step Five

Add a check in statement like "how does that sit with you?"

## Example in action

### NOT using I feel

You are never home on time from work and I never know what you are doing. I feel like an idiot with the kids, you just don't care about us...

### Using I feel

I feel worried and let down when you come home late from work and don't tell me what is happening, because the kids ask where you are and I genuinely don't know and then I worry something bad might have happened. If you are running late, I need you to send me a message so I can plan and manage expectations better. How does that sound to you?