

Expressing Feelings.

There are many feelings that you will experience in your life, & on a daily basis. How many feelings can you think of? List them below.

Different types of feelings

Now think of a time that you experienced these emotions & complete the table below. One example listed.

Feeling	Experience	Why should we express our feelings?
Upset	Partner forgot my birthday	Otherwise, I will carry on feeling upset. Might turn into anger. Affect our relationship.

When in a relationship you will experience many emotions. Think back to the positive & negative ways to deal with conflict.

Do you express your feelings enough? Y / N

Do you deal with your feelings similar to how you deal with conflict? Y / N

Why is it important to express your feelings?

So are you assertive enough when it comes to sharing your feelings & your views as a person. What self-targets can you set yourself from now on in certain situations?

Situation: Targets 1 2 3	Situation: 1 2 3
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