

Adult Feelings-to-Words

For Adults: Turn complex emotions into clear communication.
Work through in order. Be honest, not polished.

1. The Situation (Briefly describe)



2. My Main Emotion(s) (Use words like frustration, (Use words like frustration, disappointment, anxiety)

3. Emotion Intensity (Rate 1-10 or use words like mild, strong)

4. What I'm Thinking (The internal dialogue)

5. The Underlying Need (What do I really want?)



6. What I Want to Say (My core message)



7. What I Want from the Conversation

(A realistic request or outcome)

