

EMOTIONAL EXPRESSION WORKSHEET

Turn Internal Feelings into Clear, Respectful Words

SECTION 1: THE FORMULA FOR CLEAR COMMUNICATION



I FEEL... Name the emotion, avoid accusations.



WHEN... Describe the specific situation.



BECAUSE... Explain the meaning, need, or value.



WHAT I WOULD LIKE IS... A realistic request, boundary, or next step.

EXAMPLE: "I feel frustrated when plans change at the last minute because I rely on knowing what to expect. Could you let me know earlier when something changes?"

SECTION 2: DEEPER SELF-REFLECTION

Remember, the "I feel" framework is a tool, not a magic formula. Consider safety and the other person's receptiveness.

IS THIS SOMETHING I WANT TO:

- ☐ Communicate?
- ☐ Process Privately?
- ☐ Discuss with Someone I Trust?

