

Talking About Feelings in Relationships

A tool for couples, friends, and family to separate facts from assumptions.

Best for: Interpersonal tension

Difficulty: Moderate to Challenging

Age: Teens and Adults



1. What Happened?

- The specific, observable event (e.g., 'You didn't reply yesterday.')
- **Keep observation separate.*



2. What do I Feel?

(e.g., Hurt, Worried, Disappointed)



3. What am I Assuming or Interpreting?

- The story I told myself (e.g., 'You don't care about me')
- This gap matters.



4. What do I want to ask for?

- One clear request (e.g., 'A quick text to check in')
- Is there a boundary to communicate?

