

Letting Your Feelings Show

What is the hardest feelings for you to express or show to other people? For example, is it hurt feelings, anger, fear, or some other feeling? What feeling do you most often stuff down inside of yourself? Think about it for a few minutes, then fill in the answer:

The feeling that is hardest for me to show is: _____
_____.

Think about what you usually do when you are feeling this way. If you show this feeling at all, how do you show it to other people?

The way I act when I feel this way is: _____
_____.

If you don't show this feeling very much or you act in a way that is different than you really feel, how do you know that you are feeling it? Think about the signs that tell you what you are feeling, then fill in the answer:

I know I am feeling _____ because _____
_____.

Now think about a way (or a better way) to show the feeling that is hardest for you to show. How could you show it so that other people can understand and help you with it?

I could show my _____ feeling by _____
_____.

The next time you are feeling that way, try out your new way of showing it, on someone you know. Then come back and tell how it worked.

Resource: Steps to Healthy Touching.