

USING YOUR 'FEELINGS' WORDS



It seems that for many people, using appropriate words to communicate feelings is lost even before linguistic ability matures for some people in various cultures. Males in some Western cultures can take a hammering from their peers if they go into details more than, 'I really feel crap.' Yet in other settings, people are paid or expected to create the ambience of deep feeling by wailing or chanting or gunfire.

The purpose of this Impact Tool is to learn or re-learn to effectively use **feelings words** to positively and constructively communicate your needs without accusing the other person. Of course, as Carolyn Wells once said, '*Actions lie louder than words.*' **So if you don't mean it, don't say it!**

The simple formula is ... **"When** <describe the hurtful or disempowering event>... **I feel**"

Of course it is okay to be quite firm and resolute, be at their level and look into their eyes and project confidence, and have the sole focus on the issue. **Here's why you might say:** **"When** this underwear is on the floor, **I feel** angry that I am expected to pick it up and place it in the laundry basket."

On the other hand, raising your voice [*read yelling*] and saying it in the same whining way that you said it recently [*read nagging*] and name calling [*read put-down/ harassing*] or comparing [*read attacking*] and over-dramatising the matter [*read drama queen*] usually provokes more argument, distraction and heat, such that the desired reconciliation AND ACTION is less likely. And if it does happen [*be grudgingly*] it is unlikely to be sustained.

Just reclaim your **power** and take responsibility for your feelings. Say "I feel" rather than **"You make me feel..."** Speak about the **behaviour** – the not showing appreciation – rather than condemning the **person**.

Examples of what NOT to say **"When** this dirty [*they may argue it is not dirty*] underwear is left [*they may argue they were just going to pick it up*] on the floor day after day, [*they may argue they did it right last week*] **I feel** angry ... / resentful/ insulted/ provoked/ frustrated/ dominated/ unloved/ guilty ... [*don't over-dramatise it – be believable*] that I am expected to pick it up [*are you expected to?*] and place it in the laundry basket." [*maybe take the lid off to allow the challenge of 'basket ball' shots*] ... Don't yell, 'You lazy, slack boof head, **you make** me so angry.'

Before reading on, why not recall a recent scenario where you needed to get someone to do something and it didn't go all that well due to the lack of feeling words.

You may see real value in printing out this table and learning these 'feelings' words.

Difficult/Unpleasant Feelings

| | |
|-------------|--|
| ANGRY | irritated enraged hostile insulted sore annoyed upset hateful unpleasant offensive bitter fuming indignant aggressive resentful inflamed provoked incensed infuriated cross worked up boiling |
| DEPRESSED | lousy disappointed discouraged ashamed powerless diminished guilty dissatisfied miserable detestable repugnant despicable disgusting abominable terrible in despair sulky bad lost |
| CONFUSED | upset doubtful uncertain indecisive perplexed embarrassed hesitant shy stupid disillusioned unbelieving sceptical distrustful misgiving lost unsure uneasy pessimistic tense |
| HELPLESS | incapable alone paralysed fatigued useless inferior vulnerable empty forced hesitant despair frustrated distressed woeful pathetic tragic in a stew dominated |
| INDIFFERENT | insensitive dull nonchalant neutral reserved weary bored preoccupied cold disinterested lifeless |
| AFRAID | fearful terrified suspicious anxious alarmed panic nervous scared worried frightened timid shaky restless doubtful threatened cowardly quaking menaced wary |
| HURT | crushed tormented deprived pained tortured dejected rejected injured offended afflicted aching victimized heartbroken agonized appalled humiliated wronged alienated |
| SAD | tearful sorrowful pained grief anguish desolate desperate pessimistic unhappy lonely grieved mournful dismayed |

Having practiced them and used them to your advantage in building better communication skills, do not forget to practice the Pleasant Feelings list also.

Pleasant Feelings

| | |
|------------|---|
| OPEN | understanding confident reliable easy amazed free sympathetic interested satisfied receptive accepting kind |
| HAPPY | great jubilant joyous lucky fortunate delighted overjoyed thankful important festive ecstatic satisfied glad cheerful elated |
| ALIVE | playful courageous energetic liberated optimistic provocative impulsive free frisky animated spirited thrilled wonderful |
| GOOD | calm peaceful at ease comfortable pleased encouraged clever surprised content quiet certain relaxed serene bright blessed reassured free and easy |
| LOVE | loving considerate affectionate sensitive tender devoted attracted passionate admiration warm touched sympathy close loved comforted drawn toward |
| INTERESTED | concerned affected fascinated intrigued absorbed inquisitive nosy snoopy engrossed curious |
| POSITIVE | eager keen earnest intent anxious inspired determined excited enthusiastic bold brave daring challenged optimistic re-enforced confident hopeful |
| STRONG | impulsive free sure certain rebellious unique dynamic tenacious hardy secure |

Next Steps:

- 1) **Congratulate yourself** for taking time to consider expressing your feelings. We hope it has benefited you.
- 2) Like all Tools, it is only effective when put into practice! To begin, just **spend 5-10 minutes to reflect** of ways you might implement this into your day to day routines.
- 3) Over the next day or two, realize it by creating **an action point** / goal you want achieved.
- 4) The next step is to **share your** Learning, Insights and Intentions on the MIP Forum. Log in to <http://www.miprofessionals.com.au>.
- 5) Our experience shows that YOUR forward movement is greatly increased as you post on YOUR Forum using our I-M-P-A-C-T approach:

I = Issues I am facing

M = My to do list right now

P = Plans to implement in the next one to three months

A = Attitudes right now; what I am feeling

C = Clarity needed on some issues

T = Thankfulness to those who have helped me to becoming a better person

You might like to make a start here by jotting down what you will transfer to your Forum. (Or your fridge magnet☺)

- 6) If you are a Member, you can participate in “Active” forums, where your Coach can communicate and monitor your progress in this journey together.
- 7) Many people get to the point where they realise nothing will change until they engage a coach to bring out their best. Members can book a call to discuss this, or call 1300 90DAYS