I statement homework

When you \_\_\_\_ I feel \_\_\_\_ (one word- an emotion, not a thought)

Incorrect example:

I feel like I am your mother when you do that. (Can you spot the problem? Well, yes it was judgmental. Yes, they forgot to include the feeling, so it was not correct.)

Correct it- I feel resentment when you ask me to do something you could do for yourself.

Try these:

When you interrupt me, I feel \_\_\_\_\_\_\_\_

When I pick up your clothes from the ground, I feel\_\_\_

When you come home later than you said, I feel\_\_
When you work a bunch and don’t attend to the relationship, I feel \_\_\_

When you surprise me with something nice, I feel\_\_

When I see how hard you are working, I feel\_\_

When I see how much you spent, I feel \_\_\_

When you put gas in my car or change my oil for me, I feel\_\_

When you see that I am in bad space, and you allow me to have my own space, I feel\_\_

When I see that you are trying hard in the relationship, I feel\_\_\_

When you read the love languages, and do the thing that is hard for you to do, I feel\_\_

How did you do with coming up with feelings? One-word emotions. Resentful, frustrated, irritated, annoyed, sad, offended, grateful, proud, angry, scared, loved, respected, hopeful, optimistic, happy, disillusioned, disenchanted, discouraged, disappointed, angry, hurt, enraged, furious, vulnerable are some options.

How feelings work: An emotion is essentially a word attached to a physiological sensation. Feel the feeling and let it go. Avoid it and it gets stronger. Stir it, interact with it and you can make it worse. Just experience it, feel it, be with it, notice it and allow it to move on without you messing with it.