



Exercise 1 - APPENDIX 3

TIPS FOR EXPRESSING FEELINGS

1. Avoiding – doesn't help!

You have probably picked up a number of methods or tricks to not show your feeling.

For example: you are angry about something small, while actually you are just feeling sad. Or you retreat to avoid a difficult conversation. Or you focus on something else entirely to avoid feeling your emotions. For example: you eat too much.

These are frequently used tactics, especially with negative emotions such as anger, sadness or disappointment. Unfortunately, these tricks and diversion methods do not help reduce negative feelings. Suppressing feelings leads to increased negative experiences and feelings of depression.

2. Start with the right attitude

Think about which negative thoughts make it harder for you to express/show your feelings.

- Do you think it's a sign of weakness to talk about them?
- Are you afraid that people will look at you differently?
- Do you not know the people you are with?
- Have you been told that you should always be positive?

All these ideas hinder your ability to let your emotions show.

Do you know what holds you back from being open about your feelings?
Work at developing a positive attitude towards expressing/showing your feelings.

Why be open and honest?

- more space in your head
- less anger or other burdensome emotions
- more positivity
- better relationships
- less stress
- the ability to resolve issues
- increased confidence

Being aware of these benefits can help you share your feelings going forward.
Even in environments where you are not used to showing them.

Exercise 1 - APPENDIX 3**3. What emotion are you feeling?**

Go somewhere quiet and close your eyes. Try and work out which emotion you are feeling.

Are you:

- Happy?
- Angry?
- Sad?
- Afraid?
- Surprised?
- Disgusted?

4. Can you work out what you need?

How can you deal with your emotions in a good way? What do you need? Some people need to talk about their feelings while others may need to spend some time alone to work things out. You are the only one who can determine what you need.

5. Find yourself someone safe to talk to.

You express your feelings most easily to someone with whom you feel comfortable.

Choose a good moment to talk about it and also ask for some alone time. If you tell someone in advance that you have something you want to discuss, there is a greater chance that the other person will have or make time for you. That is a good start to making you feel at ease.

6. Start the conversation (from an I standpoint)

Name and identify what you find annoying or hurtful, or what makes you sad, and how that affects you.