

Part 4.

Expressing How I Feel.



Bottling Up My Feelings.



Have you ever bottled-up your feelings? If so, describe what happened below...

The Secret to Expressing Your Feelings in a Healthy Way! Using 'I Statements'.

As you have probably seen from completing the last page bottling up your feelings is usually not a good idea.



There are many ways you can express your feelings. These include your facial expressions, the things you think, the things you say and the way you behave. These can be good or bad ways to express your feelings depending on the circumstances.

Its helpful to think about healthy ways to express your feelings. Later on we'll meet Professor Ivan Eymann of the Cyclops University who has discovered that a particularly good way to express your feelings is to directly tell other people how you feel using 'I statements'. But first have a look at the feelings expressed in this story (which has practically no 'I statements') and then Professor Eymann will explain his ideas...

Mark, came home from school and found his older brother, Stephen, had taken some of his money from their room without asking him. Mark was really mad and started to think about all the times that his brother had annoyed him. This made him feel even angrier. When Stephen saw Mark he could tell by his face that he was angry.

'What's wrong with you?,' he asked.

'You know what's wrong with me you thieving swine,' replied Mark.

Stephen wasn't going to let Mark away with talking to him like this and they ended up having a fight. Their dad walked in and shouted at both of them.

'I'M SICK OF YOU TOO FIGHTING ALL THE TIME YOU NEVER DO ANY THING USEFUL AROUND HERE'.

'He started it,' Stephen told their dad.

'I don't care who started it you're to cut it out and stop acting like two year olds'.

'YEAH, WELL I CARE WHO STARTED IT' shouted Mark, 'HE STARTED IT WHEN HE STOLE MONEY FROM MY ROOM'.

'I didn't steal your stupid money,' said Stephen.

The cheek of him to deny it thought Mark as he felt his blood rushing to his head, but then their father said.

'I took the money from your room earlier when the milkman called around and we didn't have any change. I'll give it back to you later'.

'See, I told you,' said Stephen.

Mark realized that he'd stupidly accused his brother in the wrong.

'Well, I'm sick of everyone taking stuff from my room without asking' said Mark feeling foolish and upset as he stormed off slamming the door.

List all of the feelings you think Mark had in the story?

Name all of the ways Mark expressed his feelings:

List all of the ways you think Mark could have expressed his feelings in a healthy way?

Professor Eymann's I Statements.



'Hello, my name is Professor Ivan Eymann of the Cyclops University on the Greek island of Ios. At our University we have many different Departments that study things related to eyes. For example, my colleague Professor Eiben of our Opthomology Department studies tunnel vision, and Professor Eyres of our Languages Department studies idioms in Irish, Italian, Indian and Indonesian. My own area of special interest is the expression of emotions using 'I statements'. If you have time I would like to tell you about my work...

After years of extensive research I have discovered that the most effective way to express feelings is by using the simple technique of expressing them directly using 'I statements'.

An 'I statement' is when you tell someone directly how you are feeling and explain to them why you feel this way. Here's two examples:

'I feel happy when my friends call around to see if I want to hang around with them.'

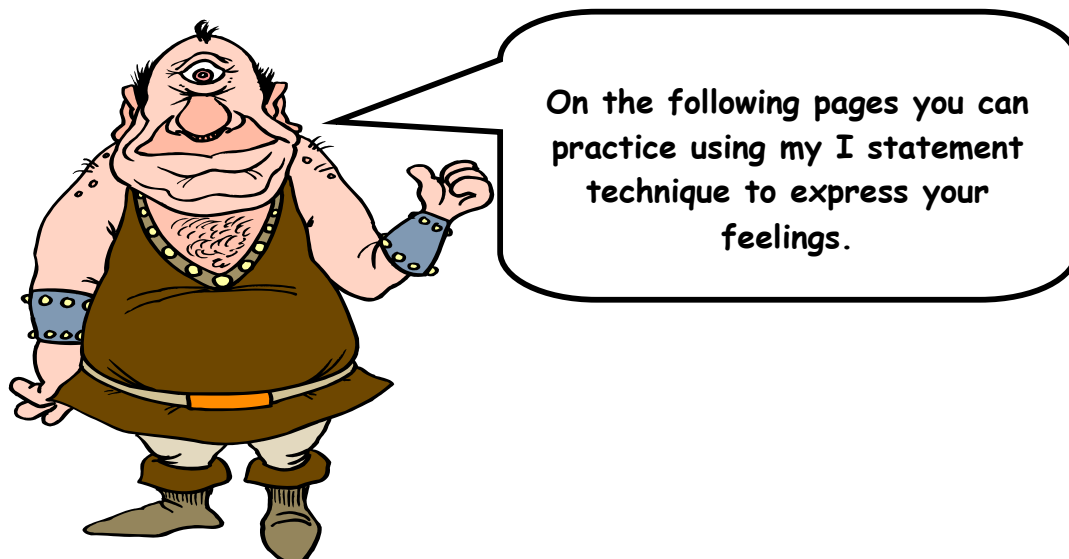


Professor Eymann's I Statements.

I have discovered that there are three parts to a good 'I statement'. These are:

1. An 'I statement' starts with letting people know whose feeling you are talking about: **'I feel**'
2. An I statement names clearly for people how you are feeling: **'I feel happy/sad/angry/frustrated/lonely or whatever.....'**
3. An I statement ends by explaining to people why you feel the way you do: **'I feel happy when my friends call around to see if I want to hang around with them'**.

I statements are simple to use. If you look back on Mark's story you will see that he expressed his feelings in many ways but one of the things that he did not really do was to express his feelings by telling people directly how he felt. He could have done this using 'I statements'. See if you can think of some I statements that Mark could have used to tell people how he was feeling at different times during the story. You can write your ideas here...'



Expressing How I Feel: Anger.



Describe or draw a picture of a time when you felt angry...

Practice using 'I statements' to express your feelings by writing one here that explains how you felt...

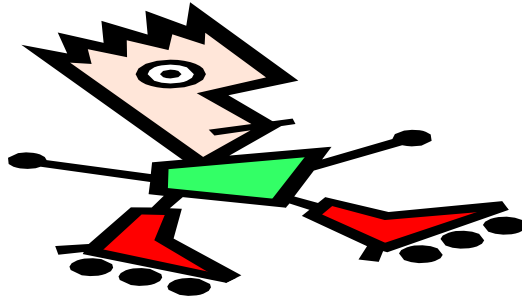
Expressing How I Feel: Kindness.



Describe or draw a picture of a time when you felt kindness...

Practice using 'I statements' to express your feelings by writing one here that explains how you felt...

Expressing How I Feel: Fear.



Describe or draw a picture of a time when you felt worried or afraid...

Practice using 'I statements' to express your feelings by writing one here that explains how you felt...

Expressing How I Feel: Loneliness.



Describe or draw a picture of a time when you felt lonely...

Practice using 'I statements' to express your feelings by writing one here that explains how you felt...

Expressing How I Feel: Guilt.



Describe or draw a picture of a time when you felt guilty...

Practice using 'I statements' to express your feelings by writing one here that explains how you felt...

Expressing How I Feel: Happiness.



Describe or draw a picture of a time when you felt happy...

Practice using 'I statements' to express your feelings by writing one here that explains how you felt...

Expressing How I Feel: Frustration.



Describe or draw a picture of a time when you felt frustrated...

Practice using 'I statements' to express your feelings by writing one here that explains how you felt...

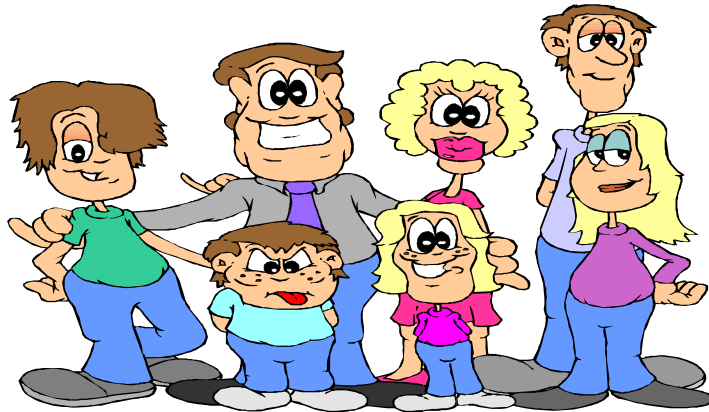
Expressing How I Feel: Sadness.



Describe or draw a picture of a time when you felt sad...

Practice using 'I statements' to express your feelings by writing one here that explains how you felt...

Expressing How I Feel: Love.



Describe or draw a picture of a time when you felt love...

Practice using 'I statements' to express your feelings by writing one here that explains how you felt...

Expressing How I Feel: ?



Is there any other important emotion that you have experienced? If so, describe or draw a picture of it here...

Practice using 'I statements' to express your feelings by writing one here that explains how you felt...

Expressing How I Feel.

From completing this part of my guidebook I think the most important things about expressing my feelings in a healthy way are...

