

# DESCRIBING FEELINGS

A feeling is a spontaneous inner reaction to a person, place or situation that I am experiencing or thinking about.

Feelings are neither right nor wrong. They have no morality attached to them.

Morality enters in *ONLY* when the feeling is acted upon.

We can describe feelings using **P.I.M.** ( **P**hysical sensation, **I**mage, and **M**emory )

For example: I feel **NERVOUS**...

<b>PHYSICAL SENSATION</b>	Heart pounding, sweaty palms, upset stomach, dry mouth, chilled, hot, giggling, etc. –	"I feel <b>nervous</b> . My heart is pounding, my palms are sweating and my stomach is upset."
<b>IMAGE</b> ■ <i>Painting a Picture</i> ■ <i>Intensity</i> ■ <i>Nature</i> ■ <i>Color</i> ■ <i>Taste</i> ■ <i>Touch</i> ■ <i>Sound</i>	An image of a scene or situation Rate feeling on a scale from 1-10 Beautiful sunset, crashing waves, dark forest, ominous clouds, a sunny day, a raging storm, etc. Red, blue, black, white, etc. Sour, bitter, sweet, etc. Scratchy, soft, prickly, sharp, etc. Screech, crack of thunder, birds singing, high-pitched, etc.	"I feel <b>nervous</b> like how a person might feel walking down a dark alley." <b>OR</b> "I feel <b>nervous</b> like a child giving an oral report in front of the class." "I feel <b>nervous</b> . It's a 9 on a 1-10 scale." "I feel <b>nervous</b> like when I see ominous clouds rolling in." <b>OR</b> "I feel <b>nervous</b> like a deer might feel smelling a scent of danger." "I feel <b>nervous</b> . If it had a color, it would be orange, like a warning sign that is flashing danger." "I feel <b>nervous</b> , like the taste of metal." "I feel <b>nervous</b> , like touching a prickly porcupine." "I feel <b>nervous</b> , like when I hear the sound of thunder."
<b>MEMORY</b> ■ <i>Past Experience</i> ■ <i>Shared Memory</i>	Something you have experienced like childbirth, riding a bike for the 1 <sup>st</sup> time, walking on the beach, watching a movie, death of a loved one, etc. Something you have experienced together, like your wedding day, buying a house, vacationing together, etc.	"I feel <b>nervous</b> like how I felt when I had to perform in front of an audience for the first time." <b>OR</b> "I feel <b>nervous</b> like how I felt coming to our Retrouvaille weekend." "I feel <b>nervous</b> like how we felt waiting to hear if we got our mortgage approved." <b>OR</b> "I feel <b>nervous</b> like how we felt when we got lost on our vacation."

## REMINDER:

If we can substitute "I am" for "I feel," we are expressing a feeling.

If we can substitute "I think" for "I feel," we have expressed a thought or judgment.

**Example:** I feel satisfied...I am satisfied = a feeling. I feel you are upset ...I think you are upset = a judgment.

## How we form our own Dialogue Questions:

Choose a situation you are experiencing at the moment that provokes feelings within you.

Form a question around it that asks for your feelings.

**For example:** "How do I feel about moving to a new home?"

**OR** "Our first-born child is getting married. How do I feel about that?"