

Personal Guide to Authentic Emotion



Describe your emotional state

Identify and write down how you feel or how you felt. Keep focused on your own experience, not how you felt about someone else. Avoid mentioning others.

Examples:

“Right now I feel really frustrated.”

“Yesterday I was feeling so sad.”

“I was really disappointed...”

Dig a little deeper

Usually the first step doesn't get us down to the real issue. Start again and use the following template:

“I am feeling _____” or “I felt _____”. No need to elaborate.

“Because _____” Keep focused on yourself. Avoid any mention of others.

“Because _____” Avoid any references to others or their behavior.

“Because _____” Repeat this step until you hit on the core, authentic emotion.

Example:

“I feel frustrated because I worked hard, because I appreciate efficiency, because I feel sad when my plans don't workout and I lose time.”

Deliver

Once you've hit the core issue it is time to deliver it. Being able to disclose and own your authentic emotion will diffuse the situation and start your conversation off in a new direction. What happens next is new. You can skip right to the authentic emotion and ask for what you want.

Example:

“I feel sad and I want to feel in control of my time.”