

The “Feelings” Conversation

HOW TO HAVE THAT DIFFICULT CONVERSATION (AND MAKE THE RELATIONSHIP BETTER)

Feelings are often the _____ of difficult conversations.

Proverbs 4:23 (NLT) *Guard your heart above all else, for it determines the course of your life.*

Unexpressed feelings can _____ into the conversation

Unexpressed feelings can _____ into the conversation

Unexpressed feelings can make it difficult to _____

Unexpressed feelings can _____ the relationship

Some facts about feelings...

Feelings are _____

Good people can have “_____” feelings

Your feelings are not _____

Feelings can _____

Love: affectionate, caring, close, proud, passionate	Anger: frustrated, exasperated, enraged, indignant	Hurt: let down, betrayed, disappointed, needy	Shame: embarrassed, guilty, regretful, humiliated, self-loathing
Fear: anxious, terrified, worried, obsessed, suspicious	Self-doubt: inadequate, unworthy, inept, unmotivated	Joy: Happy, enthusiastic, full, elated, content	Sadness: bereft, wistful, joyless, depressed
Jealousy: envious, selfish, covetous, anguished, yearning, resentful	Gratitude: appreciative, thankful, relieved, admiring	Loneliness: desolate, abandoned, empty, longing, hopeless	

Feelings aren't just _____ of the story, they like to _____ the story

Feelings can transform into _____, accusations, or attributions.

ANYTIME YOU START A SENTENCE WITH "I FEEL _____...", WHAT FOLLOWS IS _____ A FEELING, BUT A JUDGMENT OR ATTRIBUTION.

Two Rules for Expressing Feelings

Rule #2: Share your _____ feelings.

Rule #1: Before saying what you are feeling, _____ with your feelings.

Express the full _____ of your feelings

Avoid _____ and problem solving

Avoid _____

1 Peter 5:7 (NLT) *Give all your worries and cares to God, for he cares about you.*