

Communication Deep Dives

the communication exercise

If communication represents the building blocks of building relationship with both yourself and others, then one of the most important places you can begin to put yourself out there and build new skill is to begin with exploring what you don't want to feel.

This worksheet is designed to help you...

Emotions and feeling have a language all of their own, but for many people they seem unpredictable, volatile, and unproductive. How do you see emotions?

'When I was little, it was unacceptable to show this feeling':

Describe what happened if you felt it:

When I see other people show this emotion, I think:

When have I felt this?:

Pick an emotion and then write about a moment when you felt or experienced it or what it means to you.



Draw or write about two emotions that don't seem to go together.



Have you ever felt embarrassed or humiliated? If you were to see this as an opportunity to get more fully connected and related to yourself, to see it as a positive growth moment, in some way, how could you think about this feeling?

