

What's Actually Going On?

Building awareness and clarity about what we're actually feeling is SO important. It not only reduces intense emotions, but it also allows us to communicate our needs to the people around us.

This tool is built to help you identify what you are actually trying to say. This page contains an example to help guide you and the second page is an empty document for you to fill out!

What's happening in the situation right now?

My boyfriend won't listen to me and do the dishes.

And what do you take that to mean?

He doesn't care about me and my needs.

If that were the case, what would you take that to mean?

My needs aren't important and don't matter.

If that were true, what would you take that to mean about you?

I don't matter.

Looking at this example, imagine how much more useful a conversation would be if you told your boyfriend "When you don't do the dishes, it makes me feel like I don't matter", rather than just yelling at him for not doing the dishes.

What's happening in the situation right now?

And what do I take that to mean?

If that were the case, what would I take that to mean?

If that were true, what would I take that to mean about me?



Tip: If you don't feel like you've figured out what's truly going on yet, feel free to continue going through the boxes over and over until you identify the truth of what's going on for you!