

# Upsetting Situations

- Persistent
- Passing
- Recurring
- Finished

Dear \_\_\_\_\_,

The situation that I am most upset about is \_\_\_\_\_  
What happened? Who is involved? When/Where did it happen? What was said?

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The *feelings* that I feel about this situation are \_\_\_\_\_  
Name the feeling words. Circle the *main* feeling word.

Specifically, the *physical sensations* that I feel when I feel these feelings are \_\_\_\_\_

Describe these sensations in various parts of your body. Or describe your *physical posture* when you feel these feelings.

On a scale of 1 to 10 the *intensity* of these feelings are about a \_\_\_\_\_

When I feel these feelings I would describe the *images* that I have as like \_\_\_\_\_

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If I could give a *color* to these feelings it would be \_\_\_\_\_

When I feel these feelings my inner conversation goes something like \_\_\_\_\_

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The *behaviors* that I tend to act out when I feel these feelings are \_\_\_\_\_

The *words* that want to come out of my mouth when I feel these feelings are \_\_\_\_\_

A *previous time* when I have felt similar feelings was the time when \_\_\_\_\_

Could be a time that goes back to childhood or anytime in-between. Could be a time in your relationship *together*.

My biggest *fears* in sharing my feelings are \_\_\_\_\_

Thank you for taking the time to listen to me.