

USE I FEEL

Cheat Sheet

1. *Phrases to Avoid*

"You always", "You never" or "I just wish you would" when spoken to your spouse, with a nasty tone or pointed finger, makes the issue/problem all their fault. It's all on their shoulders and you have absolved yourself from any responsibility.

2. *Be Aware of Your Feelings*

There are a lot of different ways to describe how you may feel in reaction to your spouse's action. Knowing that you are more than happy, excited, sad, angry, or upset will benefit you as you share your emotions.

3. *Call a Time Out*

When tensions are high and the conversation has deteriorated it's time to take a break. Have a plan for when either of you call for some time to calm down and assess the situation.

4. *Extra Sensory Perception (ESP)*

Your spouse does not have ESP. They cannot read your mind. They cannot read your feelings. You have to make it a practice to tell your spouse what you're feeling

5. *I Feel Formula*

I feel [X] when you [Y]. The [X] is your feeling, [Y] is your spouse's action. So you could say, "I feel embarrassed when you talk about my weight around friends."

NOTES
