

## Feeling my Feelings

*A quick exercise, to practice bringing your feelings into awareness*

Below are some scenarios. As you read them, notice what come up inside you. Write down what comes up for you.

1. You see someone throwing garbage on the road
2. You notice three puppies piled on top of each other on the grass
3. You're heading to work and running just a little late, and the bus/metro/cab leaves just as you leave
4. Your neighbour has formed a new habit of singing loudly and clearly every morning at 7:00 a.m.
5. Your friend/partner brings you a warm cup of tea without you asking for it

Now take a look at what you've written.

If your feeling seems to be attached to another person (such as "I feel that he is a really crappy person"), chances are it is not a feeling, but a thought. This usually happens when the word "feeling" is followed by "he", "she", "they", "it", "that", and not by a word denoting an emotion.

If this happens, try changing the first part of your sentence, to deepen your sense of the situation (for example, "when I THINK he is a really crappy person, then I FEEL...")

Here is [CNVC's list of Feelings](#) to support you.

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*Please note that this exercise is based on [Nonviolent Communication by Marshall Rosenberg](#).*

*The exercise is also an open resource for anyone who would like to use it. Feel free to download and share this if you are called to do so.*