



Feelings List

I feel...	Out of control	Overwhelmed with emotion
Defensive	Frustrated	Stubborn
Not listened to	Righteously indignant	Like digging my heels in
Hurt	Morally justified	Powerless
Flooded	Unfairly picked on	Like I had not influence
Angry	Unappreciated	I wanted to win
Sad	Disliked	Like my opinions don't matter
Unloved	Unattractive	There was a lot of give with no take
Misunderstood	Unnoticed	I had not feelings at all
Criticized	Invisible	I had not idea what I was feeling
Attacked	Violated	Lonely
I took it personally	Stupid	Alienated
Defensive	Outraged	Ashamed
Like you don't like me	Take for granted	Guilty
Not cared about	Like leaving	Culpable
Worried	Abandoned	Disloyal
Afraid	Unheard	Exhausted
Unsafe	Like leaving	Foolish
Both of us are partly right	Like staying and talking this through	
	Humiliated	



Healthy Statements During Conflict

I'm getting scared

I'm feeling
unappreciated

Please be gentler with
me.

Please say that more
gently

I feel defensive. Can
you rephrase that?

I said that wrong, may
I take that back and try
again.

Did I do something
wrong?

This feels like a
lecture, could we
restart this?

Please reassure me that
you still love me

That hurt my feelings

That felt like an insult

I don't feel like you
understand me right
now.

Please help me to calm
down

That felt like a
criticism

Please don't withdraw
Can you make things
feel safer for me?

Can we please try to
take turns speaking
without interrupting
one another?

I'm feeling sad

I need things to be
calmer before we can
continue

I am starting to feel
flooded

I'm feeling lost

I need to feel
supported.

Can we take a break
and try again in ____
minutes

I feel blamed, could
you rephrase that



Hang in there, please
don't withdraw from
me

I can see my part in
this. I want to learn
how to do better

sense, even though it is
different than mine

I might be wrong here,
but I really believe...

Is there a way we can
just agree to disagree
on this one?

What is our common
ground on this issue?

I want to be gentler to
you right now, but I
don't know how.

We are getting off
track

I know this isn't your
fault

Let me start again in a
softer way

Can we compromise?

My part of the conflict
here is...

I'm sorry, please
forgive me

What are your
concerns?

Thank you for...

How can I make things
better?

Is there a way to
include both of our
views in a solution?

I appreciate you
because...

Tell me what you hear
me saying

I can see how your
point of view makes

This is not your
problem it is our
problem

Please help me
understand why you're
responding to me this
way.

We are not enemies,
we have each other's
backs. How do we do
this better?