



Feelings Exercise

Exploring listening, and creating moments of connection, understanding, trust and love.

Task: Ask your partner what in this whole world is making you...

1. Angry _____

2. Sad _____

3. Afraid or worried _____

4. Hopeful _____

5. Happy _____

6. Optimistic _____

7. Stressed _____

Practice:

- I feel statements.... [try to avoid the word 'you']
- Listening....
- Paraphrasing [eg. So what I heard you say was...]
- Active listening [eg. Wow, I did not know that]

