Expressing negative emotion

Negative feelings

😬 *Guilty*
🙄 *Annoyed*
😰 *Anxious*
😔 *Lonely*
😱 *Overwhelmed*
😖 *Disappointed*
😴 *Bored*
😭 *Sad*
😳 *Embarrassed*
👿 *Angry*

✅ How to express negatives

1. Stay calm and open

2. Say exactly what the person **did** that upset you

3. Use "I statements" to say how it made you **feel**

4. Suggest what the person could **do** to prevent this from happening again

Naming the negatives can build connection

Example

Leo's daughter Mia has been living with him for the past six months. Mia has borrowed the laptop Leo uses for work multiple times without asking for permission. Leo often can't find his laptop when he needs to use it.

✅

"I feel frustrated when I can't find my laptop. It could help me be less frustrated if you asked before you borrow it. Could you help me with that?"

❌

"Why would you take my laptop without asking? Don't you know I can't work without it?"

HOW TO USE I STATEMENTS

I feel ___[feeling]___ ,
when ___[situaton]___ .

✅ "I feel frustrated when I am not able to be there for you."

✅ "I feel angry and defensive when you say it's all my fault."

❌ "You make me angry when you don't do your chores"

MAKING REQUESTS

It's easier to follow a request about what **to do** instead of what **not to do.**

✅ "Get the dishes into the dishwasher"

❌ "Don't leave the dishes in the sink"