

Conflict feel sheet

1. I feel:

sad

foolish

misunderstood

alone

embarrassed

taken for granted

ignored

silly

hurt

angry

distracted

jealous

2. How I acknowledge how I feel:

(Is there someone you can talk to that can help?)

3. How I deal with my feelings:

(Be fair, don't accuse, accept responsibility, and talk from your heart)

4. Do I need to reset my emotions?

YES

NO

