

I Told Someone How I Was Feeling

Introducing the Topic:

Our topic today is, “I Told Someone How I Was Feeling.” Have you ever come right out and told someone how you were feeling about him or her? Think of a time you were very open in this way. Perhaps you were feeling joyful or amused at something the person did and you wanted him or her to know it. Perhaps you expressed strong negative feelings, like anger or resentment, in response to something the person did.

How did the person react? Was he or she pleased, respectful, surprised, angry, or defensive? What happened as a result of your openness? Think it over for a minute, and tell us about a time you were forthright in expressing your feelings. The topic is, “I Told Someone How I Was Feeling.”

Discussion Questions:

1. Why do we sometimes hesitate to tell others our feelings?
2. When is it generally a good idea to tell people how you feel?
When is it generally not a good idea?

Life Skill Areas:

Self-Awareness, Communication, Assertiveness, Relationships