

Emotions in Relationships



Emotion	Behaviour
panicked	jumping to conclusions vs taking deep breaths
nervous	complaining vs practising
stressed	stress eating vs write a list
excited	talking loudly vs waiting patiently
shocked	blaming others vs taking time to process information
helpless	giving up vs positive self-talk
overwhelmed	avoidance vs asking for help
angry	yelling vs going for a walk
offended	biting back vs walking away
threatened	using intimidation vs telling someone what happened
grief	pushing people away vs taking time to cry

Emotions in Relationships

- Emotions are something you feel.
- Behaviours something you do and can be the expression of an emotion.
- We can't control our emotions but we can control our behaviours.
- Emotional awareness and emotional literacy are building blocks for a healthy relationship. Without these skills, issues may be left unresolved or unhealthy coping strategies may be used instead.

Strategies

Verbalising your feelings is a useful strategy to resolve conflict. Use an "I statement" to say how you're feeling and why. For example, ***I feel*** (emotion) ***when you*** (action) ***because*** (impact).

Having self-awareness around your emotions allows you to notice and decide on your behaviours rather than letting your emotions drive your behaviours. Try naming and validating your emotion and then check in with yourself.

I feel annoyed, but it's ok to feel this way. What do I need right now?