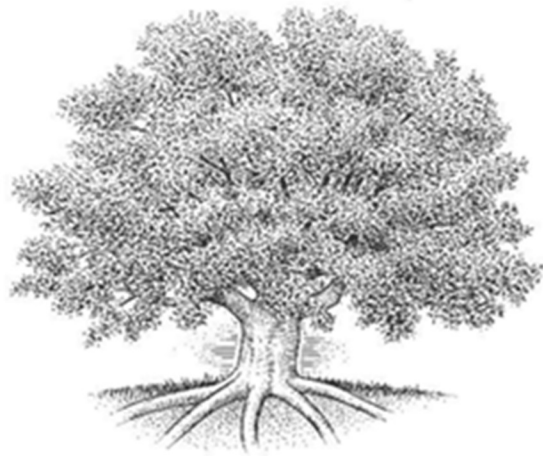




Phrases
To Help You
Express Your
Feelings



Feelings. Needs. Desire. Longings. Hope

The Amazing Gift of Feelings

By Chip Dodd

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The door of the human heart has eight words written on it: sad, lonely, anger, hurt, fear, shame, guilt, and glad. When we express our hearts using these eight words, we bring good things to our own lives, and good things to others' lives. Our hearts have the capacity to move us toward living fully, loving deeply, and leading well.

Feelings are **passwords**: If used truthfully, they move a person to live a life that is authentic and true because:

- **Feelings** lead us to become aware of our needs.
- **Needs** awaken us to what we desire.
- **Desire** moves us to face longings for the life we all seek.
- **Longings** reveal the power of hope.
- **Hope** moves us to risk moving forward.

For example, we feel sad when we experience a loss. We understand that we need care and support from others who are safe and who care. These feelings of sadness push us to desire to heal so we can risk caring again. It is through feeling our sadness and sharing our feelings, that we find healing. This experience allows us to face our longings for home, peace, justice, and safety. Through feeling, needing, desiring, and longing, we dare to hope again for attachment and reconnection in spite of loss.

Feelings are **lanterns**: Once the door of the heart is open and we begin to recognize and identify our feelings, we become aware of our needs. Feelings automatically lead us to ask ourselves, "What do I need?" Then, we begin to look for a solution to the pain we all experience in life. Needs point the way to desire, lead us toward longings, and let us discover what we hope for.

Feelings are **keys**: They unlock the doors in our hearts that we have closed. They help us open the doors of hope we foreclosed on, wounds we have run from, and isolation that we settled for. Even more, keys open the door of "our return"—to the place of wonder and trust and faith.

There is a room in each of our hearts that is God's room. This room has a table on which God places a vase of beautiful flowers every day, in anticipation of our return. God wants us to come back to how He made us to be. He created us to live fully in relationship with Him; with all the others who we will bless; and with all the others who will bless us.

If we dare to feel the feelings we were created to feel, we will have:

- more thriving and less surviving.
- more hope and less settling for the status quo.
- a richer experience of living—in spite of the pain

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The 8 Core Feelings & Their Purpose

By Chip Dodd

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There are eight core feelings that we can experience. When we feel these feelings and express them to others who are safe and caring, this leads us to receive the **gifts** that accompany them.

- **Sad** is a feeling that helps us identify loss and moves us toward comfort and eventual acceptance.
- **Hurt** is a feeling that can lead us to seek healing and be restored to living with more experience and courage.
- **Lonely** is a feeling that can move us toward “being-known” to ourselves, others, and God, so that we can have connection and relational fulfillment.
- **Anger** is a feeling that moves us to have passion; it is the willingness to have pain for something that matters more than our own comfort.
- **Fear** is a feeling that awakens us to danger and the need for help. When we receive help, we gain faith in others and God, and wisdom about living fully.
- **Guilt** is a feeling that burdens us with the need to find reconciliation and freedom through forgiveness-seeking.
- **Shame** is a feeling that brings us to humility, the recognition that we all have needs, and we need each other and God.
- **Glad** is a feeling that we feel as the result of living fully with our feelings. This leads to a sense of competence, confidence, and courage. Courage means full-hearted participation in living.

How do we move into the **gifts**?

Identification: We must face and feel the feelings that are part of daily life. We identify our feelings by asking the simple question, “What am I feeling?” using the list of the eight core feelings. If we cannot find the feeling for ourselves, we can imagine what someone else might feel in the same circumstance(s). We can use synonyms, descriptors, and metaphors until we arrive at the core feeling(s).

Exploration: We ask questions about the feeling(s). “Where is this coming from?” “What has just happened?” “What is familiar about this experience?” “What does this remind me of in my past?” We don’t ask, Why? Instead, we ask What, Where, How, and When related to our feelings.

Expression: Finally, we ask ourselves, “Who do I tell, and when do I tell?” We express our feelings to someone who also grasps what feelings are. We express feelings because we are relational, connection-seeking humans, made to find fulfillment in relationship.

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Sad

Lonely

Anger

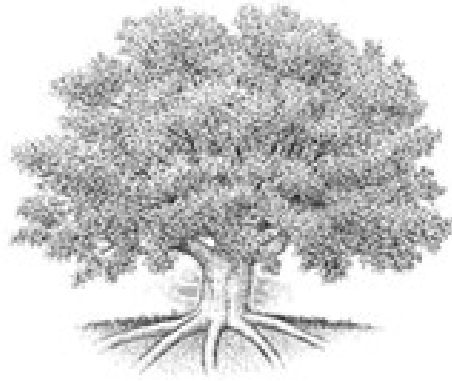
Hurt

Fear

Shame

Guilt

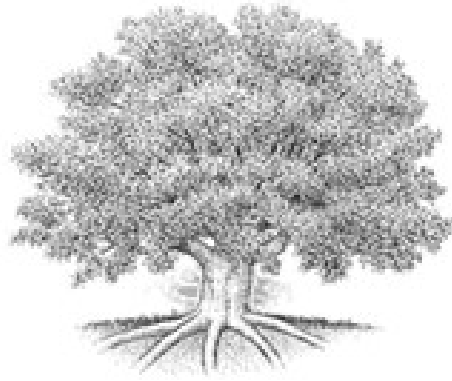
Glad



Phrases to Help You Express **SAD**

- “I remember being sad when my cat died. She was a such a good companion.”
- “When my best friend moved away, I was really sad.”
- “I feel sad to think about all the elderly people who don’t really have any family members nearby to take care of them.”
- “I was sad when my parents divorced; it was a hard time for all of us.”
- “I wept so many tears when my wife died; she meant the world to me.”
- “I spent many years working in a dead-end job that was unfulfilling. I wish I had pursued my passion years ago.”
- “I feel sad when I remember my grandfather and how much I loved him.”
- “Whenever I think of being in my childhood church, surrounded by so many precious people, singing those old beautiful hymns, I feel sad, and I have deep gratitude.”
- “I often think of the mistakes I made when raising my children. I always feel sad to know that as hard as I tried to be a good parent, I just couldn’t do it without having regrets.”
- “Daddy, I’m sad that I can’t find my blankie, will you help me find it?”

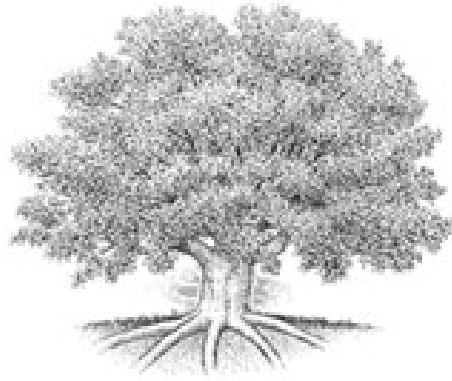
Taken from *The Voice of the Heart Companion Study*



Phrases to Help You Express **LONELY**

- “I don’t want to go to the movie by myself. Will you go with me?”
- “I live alone, and I get really lonely sometimes.”
- “I don’t really like golfing alone; I’d rather golf with others.”
- “I love being with those guys, but I’m lonely for my brother.”
- “I really need to go to the beach and just sit with myself. I need some ‘me’ time.”
- “I get up in the mornings and spend time in prayer and Bible study. It connects me with God.”
- “Going through this divorce is stressing me out. Will you spend some time with me, just listening?”
- “I quit drinking several years ago. I still attend AA meetings and have a close relationship with my sponsor, but sometimes I still feel lonely.”
- “My children are all grown and on their own. Even though I am happy in my marriage, I’m still lonely for time with my children.”
- “I love to go on hikes. When I hike in the mountains, I feel the closeness of God.”
- “Some of my favorite days are when I spend a few hours curled up with a good book and a cup of coffee.”

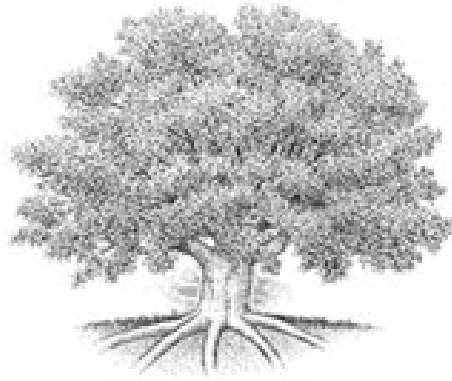
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Phrases to Help You Express **ANGER**

- “I feel angry about impoverished children not having proper dental care. I am going to open my dental office two afternoons a month to treat those in need.”
- “I feel angry when I think about all the illicit drug use among our teens in America.”
- “The vast amount of pollution in our oceans is very angering. I so long for it to be different.”
- “When I see pictures of people who hunt endangered big game animals just for thrills, I feel angry.”
- “When I see the statistics on crime in America, I am shocked. I’m angry enough to try to make a difference”
- “I felt angry when I saw that my new coat had been stolen. I so wanted my workplace to be an environment where it was safe to leave my belongings without fear they would be taken.”
- “I’m feeling angry about that deadline. I had hoped to include so much more in my proposal.”
- “I dreamed of hitting a homerun to win the game. I am angry that I struck out instead.”
- “Mama, I built the biggest Lego tower I’ve ever built, and it crashed. I’m so angry!”
- “I’m angry for a time when children are safe playing outside without parents having to be present.”

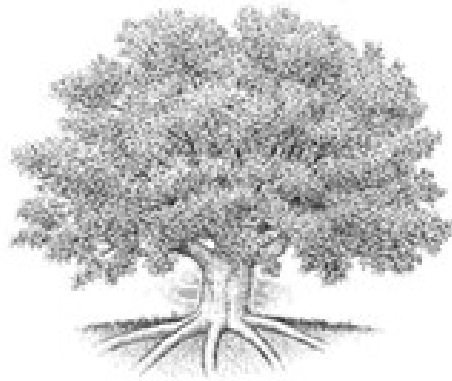
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Phrases to Help You Express **HURT**

- “I feel hurt when you talk to me like that.”
- “When I didn’t get an invitation to the party, I felt hurt.”
- “I was hurt last month when you overlooked me for that promotion.”
- “I feel hurt when you talk about me behind my back.”
- “If you interrupt me and ignore me, I feel hurt.”
- “When my adult children don’t remember to call me on my birthday, it hurts.”
- “I am hurt when people force their opinions on me and withdraw when I disagree with them.”
- “I felt really hurt yesterday when you lied to me about where you were.”
- “It hurts to know that I will not be able to be at your wedding.”
- “Mama, it hurts that you won’t be home in time to tuck me in bed tonight.”

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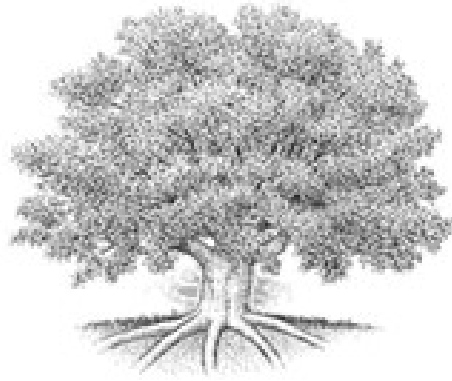


Phrases to Help You Express **FEAR**

- “When I think about having to give that speech in front of the whole class, I feel so much fear. I better practice some more”
- “I have so much fear about becoming a parent. I don’t know how to take care of a baby.”
- “I don’t know how to do this. Can you recommend a good book or mentor?”
- “I am fearful of that long flight to Europe. I just dread it. Do you have any tips?”
- “Would you be willing to help me? I am new to the city, and I don’t know how to buy the right subway ticket to get where I need to go.”
- “I have a very important interview tomorrow. I am afraid, will you help me and give me some words of encouragement?”
- “I need someone to volunteer to help me with setting up the chairs for the program. I fear I will not have enough time to get done.”
- “My husband is having emergency open-heart surgery. I am afraid. Will you sit with me?”
- “I woke up this morning to an unexpected 6” of snow. I have fear that my pipes will freeze. What do I need to do?”
- “I have so much fear about my future. I just don’t know what I want to do with my life. I need some guidance.”
- “Dad, I really do feel fear when you don’t show up when you say you will. I am afraid that something has happened to you. I need you to let me know when your plans change.”

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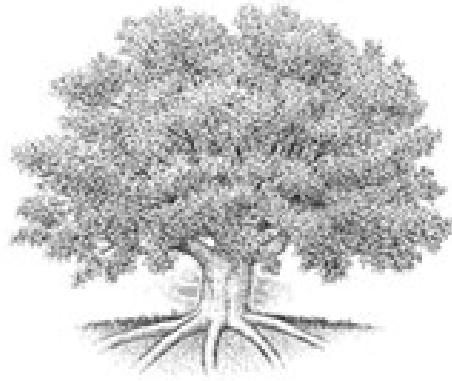
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Phrases to Help You Express **SHAME**

- “I just can’t seem to remember basic dates in American history, so I always need to ask for help recalling historical events.”
- “I feel embarrassed about needing help fixing my flat tire; I just don’t know how to do it myself.”
- “I didn’t know how to do what the teacher asked us to do, so I raised my hand to ask.”
- “I’ve made so many mistakes on the football field, so I understood how he felt when he dropped the football.”
- “I felt shame when I realized I needed help with calculus. I’m thankful my friend understood it and could help me.”
- “I thought I could fix that leaky faucet, but now I realize that I cannot; I need a plumber to fix it.”
- “When we brought our newborn home from the hospital, we knew we needed help because we had never been parents before.”
- “Planning a trip to Europe requires a lot of detailed planning, so we hired a tour guide to make all the plans for us.”

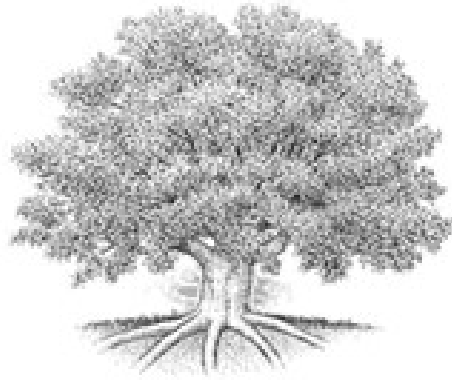
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Phrases to Help You Express **GUILT**

- “I feel guilty. I am the one who dented your car. I’m really sorry I didn’t tell you when it happened.”
- “I am guilty of not being honest with you. I am going to work on being more honest from now on.”
- “I feel so much better now that I’ve told you the truth. Feeling guilty is a hard pill to swallow.”
- “I feel so much guilt for the way I’ve treated my brother. He didn’t deserve it.”
- “I cheated on that test. I feel guilty for being dishonest.”
- “She trusted me and I didn’t show up for her. I feel guilty for letting her down.”
- “I’m guilty of not doing my share of the work. It was wrong of me to let others do everything.”
- “I have felt the guilt of hurting a dear friend. I was selfish, and it did so much damage to our relationship.”
- “I have shop lifted several times over the years. I really feel guilty about it.”
- “I did not want to go to that party, so I made up an excuse. I know that was dishonest.”

Taken from *The Voice of the Heart Companion Study*



Phrases to Help You Express GLAD

- “I feel so glad when you spend time with me.”
- “Getting to watch my son play ball brings me such gladness.”
- “At times like this, when we are all together as a family, I feel so glad.”
- “I’m glad that I get to go fishing today; it is my favorite thing to do in my spare time. “
- “I feel glad to hear that you’ve gotten that new job.”
- “The nurse said that you are much improved. I feel very glad about that.”
- “I am filled with so much gladness to know that you are doing something that is so fulfilling.”
- “I’m feeling glad that my little one is finally sleeping through the night!”
- “I’ve finished all my Christmas shopping and all my gifts are wrapped; I feel glad to have that done”
- “I feel glad about getting to go to the movies.”

Taken from *The Voice of the Heart Companion Study*

Live Fully

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Love Deeply

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Lead Well