

Learning About . . .

A Primer on Feelings

Gilliland & Jud

People tend to negate how they feel about a problematic situation and concentrate instead upon what seems to be rational. When feelings are neglected or hidden, the problem is never seen clearly. To help people communicate better in such situations, all parties should remember these concepts regarding feelings:

1. Feelings are neither good nor bad, they simply are.
2. Everyone has a right to his or her feelings.
3. Our feelings always make sense to us at the moment that we experience them.
4. Feelings are not dangerous, but actions growing out of those feelings may be.
5. Denying a feeling never makes it disappear.
6. When feelings emerge, there are three things we should do about them:
 - acknowledge that they are present
 - accept them for what they are
 - sympathetically address them

Feelings: A Pocket Primer

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