

# How to express emotion... and how not to

*"You make me very  
angry!  
You disappointed me."*

*"I feel this is unfair"*

*"I feel ok"  
"I don't feel ok"  
"This is awful"*

## Say "I"

**Emotions come from us**, they have internal causes. External events and other people are stimuli, not causes.

## Describe, Don't Evaluate

**Emotions are non-evaluative**, they describe internal states (different from evaluative thoughts)

"I feel this is unfair" is an evaluation, not a description.

## Develop your Vocabulary

Be **specific**

Be **context appropriate** – formal/informal, more or less intense

1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10

concerned   worried   stressed   scared   terrified



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