

SOUL WORDS
A Feelings Word List

HAPPY, cheerful, delighted, elated, encouraged, glad, gratified, joyful, lighthearted, overjoyed, pleased, relieved, satisfied, thrilled, secure, optimistic

LOVING, affectionate, cozy, passionate, romantic, sexy, warm, tender, responsive, thankful, appreciative, refreshed, pleased, comforted, reassured

HIGH ENERGY, energetic, enthusiastic, excited, playful, rejuvenated, talkative, pumped, motivated, driven, determined, obsessed, jittery

AMAZED, stunned, surprised, shocked, jolted, enlightened

ANXIOUS, afraid, uneasy, nauseated, nervous, restless, preoccupied, worried, scared, tense, fearful, terrified, insecure, indecisive, hyper-vigilant, cautious

CONFIDENT, positive, secure, self-assured, assertive

PEACEFUL, relieved, at ease, calm, comforted, cool, relaxed, composed, protected

OVERWHELMED, apprehensive, boxed in, burdened, confused, distressed, guarded, hard-pressed, paralyzed, panicky, tense, weighted down, edgy

TRAUMATIZED, shocked, disturbed, injured, damaged, unloved, unlovable, hated

ANGRY, annoyed, controlled, manipulated, furious, grouchy, grumpy, irritated, provoked, frustrated, hateful, cold, icy, bitter, cynical

LOW ENERGY, beaten down, exhausted, tired, weak, listless, depressed, detached, withdrawn, indifferent, apathetic, lazy, bored

ALONE, avoidant, lonely, abandoned, deserted, isolated, cut off, detached, disconnected, unwanted

SAD, unhappy, crushed, dejected, depressed, desperate, hopeless, grieved, heavy, despairing, weepy

BETRAYED, deceived, fooled, duped, tricked, misled, skeptical

CONFUSED, baffled, perplexed, mystified, bewildered, misunderstood, disoriented

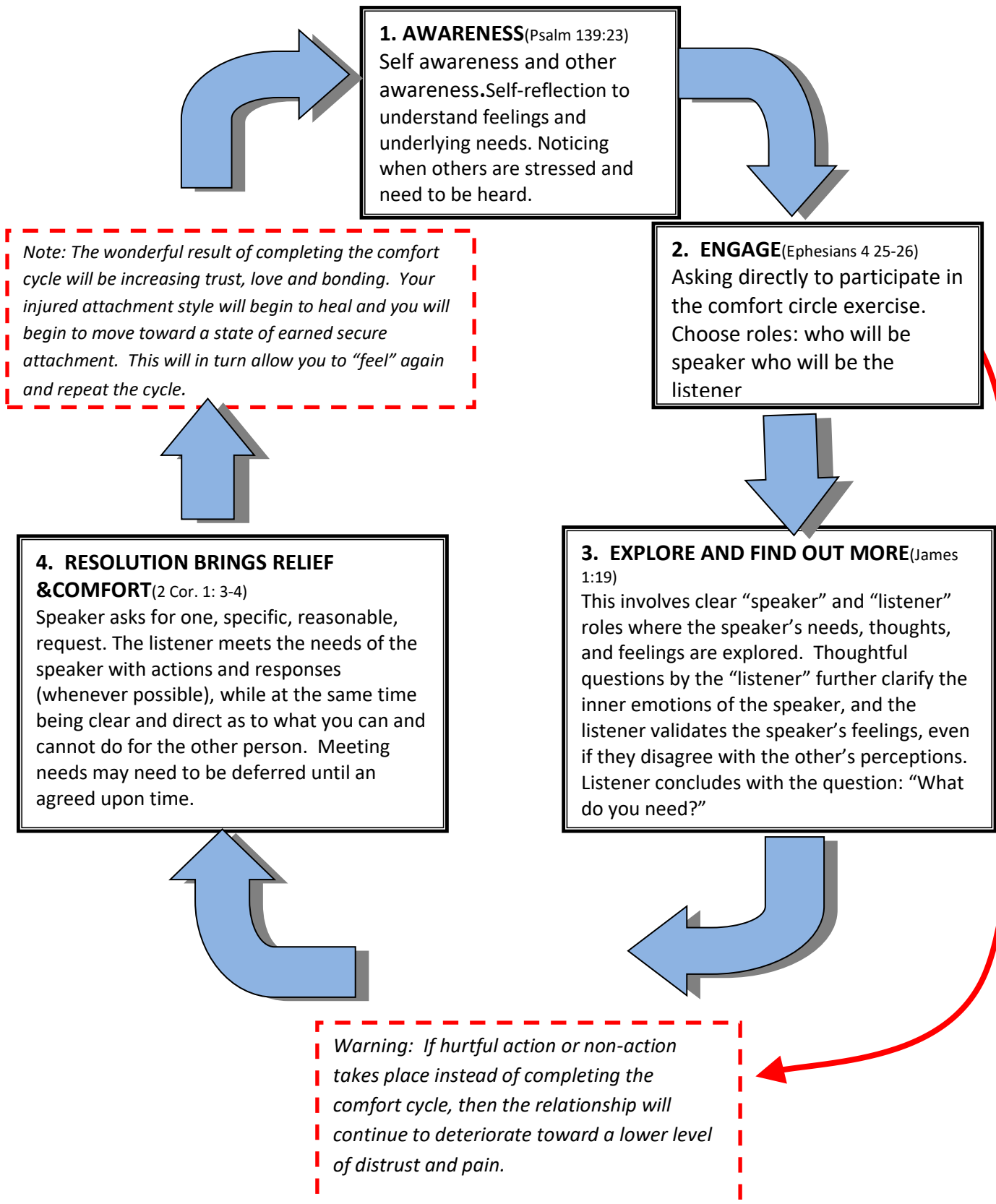
ASHAMED, guilty, mortified, humiliated, embarrassed, exposed, stupid

DISAPPOINTED, let down, disheartened, disillusioned, distrustful

INVISIBLE, forgotten, overlooked, unimportant, invisible, disregarded, lost

DESPISED, ridiculed, dumb, belittled, mocked, scorned, shamed, hated, detested

COMFORT CIRCLE The way that we create bonding



PRACTICING CONVERSATIONS**FOUR STEPS OF LISTENING: (Listening is the harder role!) (OVERVIEW OF THE COMFORT CIRCLE).**

- Listen. Then ask the speaker to stop and let you summarize if it gets too long. Always ask them about their feelings.
- Repeat back in your own words what you heard and check for accuracy.
- Ask questions that will broaden your understanding.
- Respond with empathy; "I see what you are saying" or "I can see how you might feel that way." Ask them what they need from the resolution options.

CONVERSATION STARTERS: (Expand Awareness and Engage).

- Pick a word from the soul words list that fits with an event in your day and tell me about it.
- Tell me about the best thing in your day and the worst thing in your day.
- Choose an area in our life—work, relationships, church, friends, hobbies, and so on—and then pick a few feeling words that describe your current experiences and feelings about that area.
- Pick a feeling and tell me about a childhood experience when you felt that emotion.
- Choose the feeling you felt most during your day and tell me about it.

GOOD QUESTIONS AND RESPONSES: (Explore and Find Out More).

- Tell me more, I want to understand.
- What can I do to make it safe for you to open up to me?
- How long have you been feeling this way?
- Are you feeling anything in addition to the emotion you just shared?
- On a scale of 1-10, how strong is your feeling?
- Can you give me an example?
- What did you do when _____ (your parents were fighting).
- How does that make you feel? (When you see a feeling, reach out and touch.)
- Are there other times you have felt this? Are there times you felt this as a child?
- What are your Hopes? Expectations? Desires?
- Ask: Where? How? Who? What?, questions. Don't ask "Why"? (It is often accusatory)
- Stay with feelings and refrain from problem solving.
- Tie the memories to the current reactivity.
- If you are wrong, don't apologize until you have fully listened

VALIDATION (EMPATHY) STATEMENTS: (Validate as You Listen).

- I understand how you could feel that way.
- From your perspective, your feelings make sense.
- I would probably feel the same way if I were in your situation.
- I see your tears, and I see how hurt you feel.
- I see how angry you feel and how upset this makes you.
- It makes sense to me that you would feel _____.
- I can't imagine what it would be like to _____.
- I can see why _____.
- Reflect what you see in the moment in his/her eyes, body language, emotions. ("I see this is painful.")

RESOLUTION—ASK THEM: "WHAT DO YOU NEED?" (RESOLVE").

- **OWNERSHIP** "I need you to admit and own the problem, infraction or mistake."
- **APOLOGY OR FORGIVENESS**: Acknowledge what painful feelings you caused before saying, "I'm sorry."
- **LITTLE OR NOTHING** "I don't need anything right now, I feel better having gotten that off my chest."
- **REASSURANCE** "I need to know that things will be OK, or that you will work on this or that you still love me!"
- **AGREE TO DISAGREE** "While we still do not agree on this I do feel like we understand and accept one another."
- **COMPROMISE**: Can you offer a compromise?
- **ANALYSIS / PROBLEM SOLVING** "Would you help me figure out how to solve or fix this reoccurring problem?"
- **COMFORT AND NURTURE** "Would you please hold and comfort me?"
- **TEST A SOLUTION**: If one spouse is reluctant to proceed with a plan or proposal, agree to try one possible solution for a specified period of time. Set a date to review how the idea is working. Make adjustments after evaluating or try the other partner's idea for a specified time.

RECONNECT EVEN IF YOU DON'T RESOLVE: Praise one another for making the effort to listen and grow.