



# STAYING CONNECTED WHEN EMOTIONS RUN HIGH



This worksheet is designed to help you notice your emotions, communicate clearly, and listen intentionally during difficult conversations. You can fill it out before, during, or after a conversation to practice these skills.

## PAUSE & NOTICE

- What am I feeling right now?
- Where do I feel it in my body?
- How intense is this feeling? (0 = completely calm, 10 = extremely overwhelmed)

## SHARE YOUR EXPERIENCES

Try expressing your feelings in a calm and clear way using "I" statements.

Example: "I feel \_\_\_\_\_ when \_\_\_\_\_ because \_\_\_\_\_."

My statement for this situation: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

## PRACTICE ACTIVE LISTENING

- Am I fully present with what they are saying?
- Can I reflect back what I hear?
- Am I asking questions to understand, not argue?

Example: "I heard you say \_\_\_\_\_, and it sounds like you felt \_\_\_\_\_."

## TAKE BREAKS WHEN NEEDED

- Do I need a short pause to calm down?    Yes    /    No
- How will I step away respectfully? \_\_\_\_\_  
\_\_\_\_\_





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## REFLECTION AFTER THE CONVERSATION

- Two things I did that helping me to stay connected:

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- One thing I want to try differently next time:

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## QUICK TIPS FOR SHARING & LISTENING

- Use "I" statements to share your feelings without blaming. Focus on your experience, not the other person.
  - Example: "I feel frustrated when I am interrupted because it makes me feel unheard."
  - Avoid: "I feel that you are rude."
- Pause before responding if emotions feel strong.
- Reflect back what you hear to make sure you understand each other.
- Focus on one feeling at a time instead of trying to cover everything at once.
- Even brief moments of listening and sharing can strengthen connection!

