



Quiet Pathways

Worksheet: Feelings

Feelings are tricky things. They inform us of if things are going well or if things are going off track. We also live in a world that overvalues positive emotions. There is the expectation that we should always be happy.

It sounds like a good idea; to always be happy, except for the fact that it isn't reality. There are things, big and small, that create other feelings. And these feelings are just as valid as happiness.

We need to feel our fear, sadness, anger, disappointment, frustration.

There is a huge downside when we ignore these feelings. Here are some examples of what happens when we ignore our more difficult feelings:

- We tolerate people ignoring us
- We tolerate people not listening to our opinions
- We tolerate when people make fun of us
- We build up feelings of resentment
- We pull away from people to help lessen the feelings
- We have to figure out ways not to feel- minimize, deny, or rationalize being treated badly.

Another thing that happens, is that there is the risk of ending up in unhealthy relationships. When we don't listen to our feelings, we tend not to make the best choices for ourselves.

As quieter people, what this often looks like is that we keep our thoughts and opinions to ourselves. So we tend to have relationships with people who have strong opinions and expect to have things their way.

Initially, this type of relationship can feel safe. We don't have to really put ourselves out there. But overtime, as we feel safer to share our thoughts and opinions, the friend or romantic partner

Tracy Guillet

P: 403-383-1759

E: tracyguillet@quietpathways.com

W: www.quietpathways.com



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may not be keen on this. They like that you have been quiet and agreeable, and they would prefer that you stay that way.

For you to stay in this relationship, you have to figure out how not to feel the feelings of anger, resentment, and disappointment. This is a pretty hard job to do.

One way we do this, is convince ourselves that what we want isn't really that important. Self-doubt is a powerful tool to keep us stuck.

But if you feel ready to connect with your feelings and let them help you guide your choices, there is a solution for that.

Journal Exercise:

- Write out the feelings that you feel good expressing. Take some time to reflect on why you feel comfortable with these feelings.
- Write out the feelings that you feel uneasy or unable to express to someone else. Take some time to reflect on why you feel uncomfortable expressing these feelings.
- What fears do you have about expressing your feelings to others? Take some time to reflect if you are ready to face the discomfort of being more open about your feelings.
- Can you think of a time when listening to your harder feelings has served you well?
- Can you think of a time when ignoring your feelings hasn't served you well?

As introverts, we tend to be more private so struggle with letting others know how we really feel. This is especially true if there is a risk that it may lead to conflict.

But it's important to know that all feelings are valid and it's important to listen to them. When we honour how we feel, we choices that work better for us. This creates a life that feels more authentic for us. When we are able to do this, we have so much more emotional energy.

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