



Feelings Reflection Questions

What did you learn about feelings growing up? What did people say about feelings? How did you see feelings expressed?

What feelings are easy for you to identify? What feelings are easy for you to express?

What feelings are hard for you to identify? What feelings are hard for you to express?

What's it like for you when other people name their feelings? What's it like for you when other people express their feelings?

Are there feelings that make you uncomfortable?

What feelings would you like more of in your life?

What do you want your partner to know about your feelings?

What could your partner say or do that would make it easier for you to identify and share your feelings?