## What's Actually Going On?

Building awareness and clarity about what we're actually feeling is SO important. It not only reduces intense emotions, but it also allows us to communicate our needs to the people around us.

This tool is built to help you identify what you are actually trying to say. This page contains an example to help guide you and the second page is an empty document for you to fill out!

What's happening in the situation right now?

And what do you take that to mean?

If that were the case, what would you take that to mean?

If that were true, what would you take that to mean about you?

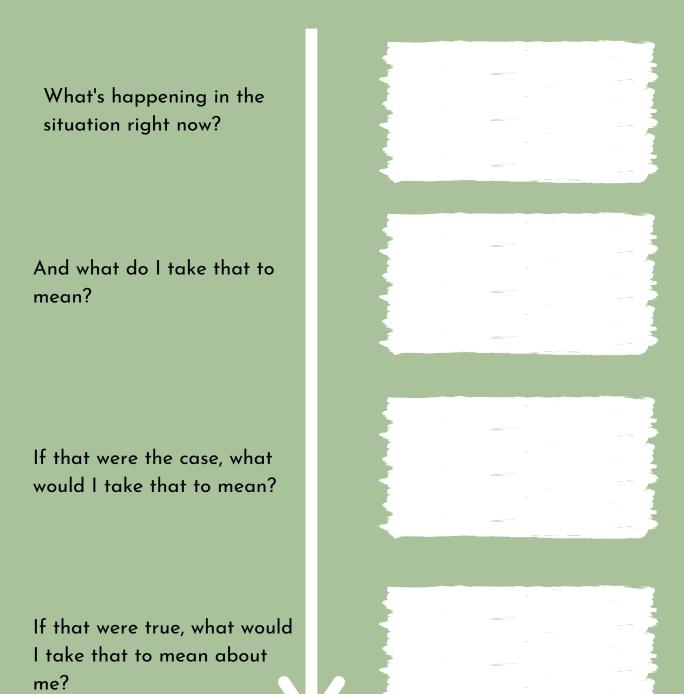
My boyfriend won't listen to me and do the dishes.

He doesn't care about me and my needs.

My needs aren't important and don't matter.

I don't matter.

Looking at this example, imagine how much more useful a conversation would be if you told your boyfriend "When you don't do the dishes, it makes me feel like I don't matter", rather than just yelling at him for not doing the dishes.



Tip: If you don't feel like you've figured out waht's truly going on yet, feel free to continue going through the boxes over and over until you identify the truth of what's going on for you!