

Emotional Expression Checklist

Expressing our emotions calmly and clearly is good for our mental health and valuable for our relationships with others within the family, with friends, and even at work.

Yet, sometimes it is useful to consider why we are sharing how we feel with the other person. Is it appropriate or helpful? (Brown, 2015).

Below you will find a brief set of questions to consider whether this is the right time to express how you feel.

Find some space to consider the following questions calmly:

What emotions am I currently experiencing?

Why am I sharing these emotions?

What outcome do I wish for?

Do my intentions align with my values?

What will I do if I don't get back what I was hoping for?

Will sharing improve my relationship with this person?

Am I being genuine and authentic in sharing my feelings?

Consider the answers and, if not sure, wait, and express your emotions when you feel more ready.

References

- Brown, B. (2015). *Daring greatly: How the courage to be vulnerable transforms the way we live, love, parent, and lead*. New York, NY: Avery.

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