



How to Express Your Feelings

WHEN A COLLEAGUE, FRIEND OR LOVED ONE HURTS OUR FEELINGS, IT'S IMPORTANT TO BE OPEN AND HONEST WHEN COMMUNICATING HOW WE FEEL. HERE ARE A FEW DOS AND DON'TS TO CONSIDER.

INSTEAD OF DOING THIS:	DO THIS:
 Ignore it.	 Trust your gut!
 Try to get revenge by engaging in the same or similar unhealthy behaviours to show them how it feels.	 Be honest! Talk to your coworker, friend or loved one about the behaviours you see and why they worry you. Friends that love and respect you will listen to you.
 Make excuses for them, to yourself or others. (I.e., they were tired, they are just stressed out.)	 Understand the importance of taking responsibility.
 End a friendship spontaneously without communicating your reasoning.	 We get it—communication is challenging, but it's also important. When you care about someone, or cared about them in the past, be honest with your decision to take some space. People are more receptive to change when they know all the facts.
 Blame yourself.	 Know that you're deserving of love, kindness and respect from all friends and loved ones in your life. If a friend or loved one is treating you in an upsetting way, that is not your fault.