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FEELINGS

1. Feelings are the language of love – of relationship – of emotional intimacy.
2. When we date, we reveal who we really are and we feel safe. Unfortunately, after the Romance Stage, too often other priorities interfere.
3. Every human communication has two levels, the fact or surface level and the feeling, hidden level. If it takes longer than 5 minutes to resolve an issue, the issue isn't the issue. The issue is the relationship, which is caring about each other's feelings.
4. Feelings are neither right nor wrong. They just are.
5. Level One: How I feel = who I am. I feel ? = I am ?.
I feel like = I think. I feel that = I think. I feel you/we/I = I think.
We confuse thoughts and feelings to avoid oneself and/or rejection
6. Level Two: I can change how I feel. (Ex: I'm angry about you not being here and I'm not motivated to heat up your dinner, but love is a decision and so I'm going to love you and heat it up anyway.)
7. Level Three: Feelings beneath the feelings.
(Anger→Resentment→Ignored→Abandoned)
Visualize a target/ bull's eye, i.e. concentric circles.
8. Level Four: Owning your feelings. How I am feeling is my responsibility, but it's my partner's responsibility to be healing and responsive.
9. Level Five: Know the roots of your feelings – be self-responsible versus blaming your spouse.