

## Conversational Formula

**I feel** \_\_\_ (a word from the feelings list)  
**about** \_\_\_ (an event or behavior)  
**because** \_\_\_ (a principle, value or rule).

**Feelings List** (over)



## Handy Guide



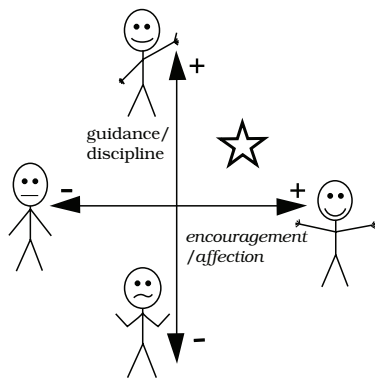
## Tools of the Trade

**Our mission is to foster caring, honest and respectful communications throughout society, starting in families.**

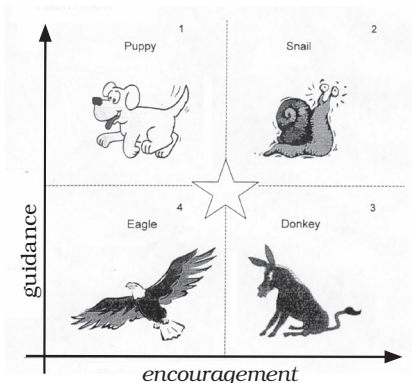
8/2017

## Algebra Lesson

**part one: parents' behaviors or parenting styles**



**part two: children's behaviors or stages of learning / stages of life**



## Parents Forum – Agenda

### Getting Acquainted

1. What do you like about your family ?
2. What concerns or troubles you about your family ?
3. How do you express concern to a family member ?  
How do you ask for and give advice and/or help in your family and community ?

### Getting Organized

4. What are your household values ?
5. What are your household rules ?

### Getting Serious

6. What happens when someone joins your family ?
7. What happens when someone leaves your family ?

### Stating Changes

8. What changes have you experienced recently ?  
What changes do you expect in the future ?

## **I feel... about... because...**

### **a**

abandoned  
accepted  
adamant  
affectionate  
afraid  
agonized  
alarmed  
alienated  
ambivalent  
angry

### **...d**

depressed  
deprived  
desperate  
destructive  
determined  
devoted  
different  
diminished  
disappointed  
discontented

### **...g**

grateful  
gratified  
greedy  
guilty  
gullible

### **h**

happy  
hateful  
helpful

### **l**

lazy  
left out  
lonely  
lovable  
loving  
loyal

### **m**

manipulated  
miserable

### **s**

sad  
satisfied  
scared  
separate  
settled  
sexy  
shocked  
shy  
silly  
sluggish

annoyed  
anxious  
apathetic  
appreciated  
astounded  
attractive  
awed  
awkward

disgusted  
disrespected  
distracted  
distraught  
disturbed  
divided  
dominated  
doubtful

helpless  
homesick  
honored  
hopeful  
hopeless  
horrible  
hostile  
hurt  
hysterical

mis-understood

### **n**

needy  
nervous

### **o**

odd  
opposed  
optimistic  
outraged  
overlooked  
over-whelmed

sorry for  
myself  
special  
strained  
stunned  
stupid  
sure

### **b**

bad  
beaten  
beautiful  
betrayed

### **e**

eager  
ecstatic  
elated  
electrified

### **i**

ignored  
immobilized  
impatient

### **t**

tempted  
tense  
threatened  
thwarted  
tired

bewildered  
bitter  
blissful  
bold  
bored  
brave  
burdened

embarrassed  
empty  
enchanted  
energetic  
envious  
evasive  
evil  
exasperated  
excited  
exhausted  
exhilarated

imposed upon  
impressed  
inadequate  
incompetent  
inconsistent  
in control  
indecisive  
independent  
infatuated  
inferior  
infuriated  
inhibited  
insecure  
insincere  
inspired

### **p**

panicked  
paranoid  
peaceful  
persecuted  
petrified  
pleasant  
pleased  
possessive  
preoccupied  
pressured

torn  
touchy  
trapped  
troubled

### **c**

cared for  
comfortable  
concerned  
confident  
confused  
connected

### **f**

fearful  
flustered

### **q**

quarrelsome  
quiet

### **u**

unappreciated  
uncertain  
uneasy  
unsettled  
uptight  
used

cowardly  
creative  
curious

foolish  
frantic  
free  
friendless  
frightened  
frustrated

intimidated  
involved  
isolated

### **r**

refreshed  
regretful  
rejected  
relaxed  
relieved  
remorseful

vivacious  
vulnerable

### **d**

deceitful  
defeated  
dejected  
delighted  
dependent

### **g**

glad  
good

### **j**

jealous  
joyous

### **w**

wishywashy  
wonderful  
worried