

WORKCARD 5

FORMULATING A REFLECTING MESSAGE

The message reflecting emotions consists of two basic elements: defining the emotional experience (the name of the emotion) and determining its supposed source (cause).



The formula can therefore be represented as follows:

message reflecting emotions = IT SEEMS, I HAVE A FEELING + name of emotion + name of reason

I THINK THAT

I FEEL THAT

IT SEEMS THAT

I HAVE A FEELING THAT

MY EMOTIONS:

1

2

3.....

4.....

REASON:

THE REASON IS

IT HAPPENED

IT SEEMS THAT

WHAT HAPPENED I.....