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TRINITY COUNSELING TIPS AND TIDBITS

Helpful hints and ideas for personal growth.

SOME TIPS AND
TRICKS FOR YOUR
TIME OF SOCIAL
DISTANCING

VOL.2

WHAT HAVE YOU FELT TODAY?

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"How are you?"

"What did you do today?"

Typically when we see someone we know, we automatically ask the usual questions...How are you or what's up or What have you been up to? These questions elicit a standard response. If we're familiar with American culture, these questions are helpful because they show us where to start in a conversation. These questions can get us started, but what can we ask if we want to know how someone is really doing? How can we move past social etiquette and move into more meaningful and deep conversations? Moreover, how can we better know what someone is feeling? Is there a single question that can help us open up to one another?



Here it is: **“What have you felt today?”** Yes, it really is that simple. So, how does one go about asking this question and to whom?

Tip 1: Make sure you have time to talk about their feelings. At least 15–20 minutes is a good estimate for conversations where emotional content is the main part of the conversation.

Tip 2: This is about give and take, if you ask the question, don't be surprised if the person you asked also asks you the same question.

Tip 3: These conversations may be more comfortable if held in a quiet, private spot. Some people may not want to talk about their feelings with other groups of people.

Tip 4: Before you go asking this question to others, ask yourself what you felt through the day.

Tip 5: There are six feelings to look out for as you listen: Sad, Angry, Scared, Happy, Excited, Tenderness. Look for these emotions when you ask about someone's feelings. You can even ask when someone is feeling down, ‘What has been the hardest part for you?’

Tip 6: Focus on listening to the person. The goal is to hear the person you are talking to, not to change their problems or concerns.

THE KINDS OF QUESTIONS WE ASK INFLUENCE THE KINDS OF CONVERSATIONS WE HAVE. IF WE WANT TO KNOW WHAT SOMEONE IS FEELING, WE HAVE TO ASK. TAKE SOME TIME TO FIRST ASK YOURSELF THIS QUESTION AND THEN ASK SOMEONE WHO IS CLOSE TO YOU AND SEE WHAT HAPPENS. BY ASKING WHAT SOMEONE IS FEELING YOU ARE GIVING THE GIFT OF BEING LISTENED TO, WHICH IS A CRUCIAL INGREDIENT TO DEEPENING RELATIONSHIPS AND CREATING NEW ONES.