

HEART STRINGS

Happy/Joyful

Sad/Disappointed

Hopeful

Discouraged

Appreciated/Valued

Unappreciated

Loved

Hurt/Rejected

Loving

Angry/Resentful

Relieved/Safe

Concerned/Afraid

Grateful

Frustrated/Controlled

Proud

Embarrassed/Ashamed

Surprised

Disgusted

1. When did you recently feel _____? (insert from above)

or

2. When was the last time you felt _____? (insert from above)

A suggested daily (or weekly) practice:

1. What was the nicest (and worst) thing that happened to you today?

and then:

2. How did you feel?

The More We Care to Tell

Who and what I care about
Is part of who I am.
Also how I fear the worst
When I'm in a jam.

Knowing about how I feel
Is part of knowing me.
How well you know my heart depends
On what I let you see.

With you, my tender sweetheart
I want to share it all.
When you look into my heart
There shouldn't be a wall.

So I will make the effort
To tell you how I feel.
It may be like an onion
In layers as I peel.

And as our hearts grow closer
As we share tenderly
I'll get to know the real you
And you the real me.

Our aim is to be fully known
And deeply loved as well,
Growing in our closeness
The more we care to tell.