

Written

- Write to a question.
- Name my feelings and describe them using the word "like" and any of the following characteristics.

Category	How to Describe The Feeling	Example
Intensity	rate from 1 to 10	"My feeling is a 10."
Taste	sweet, sour, bitter, etc.	"I feel sour like a lemon."
Touch	scratchy, soft, prickly, etc.	"My feeling is soft, like silk."
Color	red, blue, etc.	"My anger is red hot."
Sound	high pitched, screech, wail of a siren, crack of thunder, etc.	"My feeling is like singing birds on a spring morning."
Physical reaction	sick, chilled, giggling, etc.	"It feels like an upset stomach."
Similar past experience	childbirth, riding a bike, etc.	"It was exciting like the time our child took her first steps."
Nature scene	beautiful sunset, crashing waves, still forest, gentle breeze, etc.	"I felt serene, like all the colors of a sunset."
An image	hitting a home run, etc.	"I feel gleeful, like a kid who hits his first home run."

Verbal

- After reading, pick the strongest feeling from each reflection. Then dialogue on the strongest of these two.
- Explore the feeling by describing it, asking questions and listening carefully to understand.
 - Can you tell me more about your feeling?
 - Have there been other times when you felt this way?
 - Is this feeling like _____? (Give an example of what you think the feeling might be like.)
 - Is it like the time when _____?
(Give a shared experience when you think you both felt that way.)
 - Are there any strong physical sensations you experience when you feel this way?
 - What color do you think of when you experience this feeling?
 - What do you picture in your mind when you feel this way?
 - What sounds remind you of this feeling?
 - What do you want to do when you experience this feeling?
 - What do you want to say when you experience this feeling?
 - Are there other feelings that go along with the one you are describing to me?
 - On a scale of 1-10 how strong is your feeling?
 - If your feeling was sitting on a table, what would it be doing?
 - What taste would describe your feeling?