

Becoming an Evocative Coach Practice Guide
Chapter 4: Activity 2

Activity 4.2 Distinguishing Feelings from Thoughts: Practice distinguishing feelings from thoughts. Turn each of these "thought" statements in an observation of a feeling. Example:

Thought: *I feel that she is being so rude.*

Feeling: *I ' m guessing you might be feeling irritated or annoyed.*

Thought: *I ' m feeling pressured by my boss.*

Feeling:

*Feeling words from
the Compassionate
Communication chart
will be helpful with this
activity.*

Thought: *I ' m never able to get through to her.*

Feeling:

Activity 4.2 Distinguishing Feelings from Thoughts (continued)

Turn a thought you have heard into a feeling.
Thought:

Feeling:

Turn another thought you have heard into a feeling.
Thought:

Feeling: