Feelings Description
(Specificity Exercise)

The sets of sentences below communicate feelings. However, each sentence in a set may be communicating the same feelings using different methods.

Put a "D" before each sentence that communicates the feeling by describing the speaker's feeling. Put a "C" before each sentence that simply conveys the feeling but does not describe the speaker's feeling.

1. _____ a. Shut up! Not another word out of you!
   _____ b. I'm really annoyed by what you just said.
2. _____ a. Can't you see I'm busy? Don't you have eyes.
   _____ b. I'm beginning to resent your frequent interruptions.
   _____ c. You have no consideration for anybody else's feelings. You're completely selfish.
3. _____ a. I feel discouraged because of some things that happened today.
   _____ b. This has been an awful day.
4. _____ a. You're a wonderful person.
   _____ b. I really respect your opinion. You're so well-read.
5. _____ a. I feel comfortable and free to be myself when I'm around you.
   _____ b. We all feel you're a wonderful person
   _____ c. Everybody likes you.
6. _____ a. If things don't improve around here, I'll look for a new job.
   _____ b. Did you ever hear of such a lousy place to work?
   _____ c. I'm afraid to admit that I need help with my work.
7. _____ a. This is a very poor exercise.
   _____ b. I feel this is a very poor exercise.
8. _____ a. I feel inadequate to contribute anything in this group.
   _____ b. I am inadequate to contribute anything in this group.
9. _____ a. I am a failure; I'll never amount to anything.
   _____ b. That teacher is awful, he didn't teach me anything.
   _____ c. I'm depressed because I did so poorly on that test.
10. _____ a. I feel lonely and isolated in my group.
    _____ b. For all the attention anybody pays to what I say, I might at well not be in my group.
    _____ c. I feel that nobody in my group cares whether I'm there or not.