

CAUSES OF EMOTIONAL TENSION

Not Feeling Cared About. Describe a situation: _____

What feelings were associated with this situation? _____

Not Feeling Supported. Describe a situation: _____

What feelings were associated with this situation? _____

Not Feeling Understood. Describe a situation: _____

What feelings were associated with this situation? _____

Not Feeling Appreciated Describe a situation: _____

What feelings were associated with this situation? _____

Not Feeling Respected³ Describe a situation: _____

What feelings were associated with this situation? _____

³ Adapted from *Improving Communication in Your Workplace, How to Enhance Cooperation and Minimize Conflict*, by Clarissa Russo, RN, a workbook for RN's