CAUSES OF EMOTIONAL TENSION

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 Fooling Understood, Describe a cituation	
Not Feeling Understood. Describe a situation:	

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What feelings were associated with this situation? Not Feeling Respected ³ Describe a situation:		
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What feelings were associated with this situation?	Not F	eeling Respected ³ Describe a situation:
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³ Adapted from *Improving Communication in Your Workplace, How to Enhance Cooperation and Minimize Conflict,* by Clarissa Russo, RN, a workbook for RN's