



EMPTY NEST INSIGHTS

I can explain my feelings openly to others



During my time on this empty nest journey, I have found that emotions come and go. They are brief, yet poignant moments in time that can be transmitted without words - we call them "vibes" or "energy". Often, we judge people based on these. We can pick up on someone's emotions and tailor our response based on what we perceive. We all know that this is not always a good thing. People can misread or misunderstand a person. This is where communication comes in. Over the last few months, I had been going back and forth to doctor's appointments because several tests kept coming back with abnormal results. Although I wasn't worried about the outcome because of my faith, you can imagine that this was a heavy weight to carry. When I am dealing with heavy emotions, I tend to withdraw and shut down. I withdrew from my friends - even the

ones I know are always at the ready to support. At work, this shift was perceived and responded to. Needless to say, I had a rough time interacting with coworkers because they interpreted my energy and responded in kind. People don't know what's going on with us unless we explain it to them and I realized that I needed to do better. This didn't mean that I was going to go around the workplace telling everyone all the details of what was happening with me, but I did have the responsibility to communicate better. When it comes to my emotions or feelings, I'm not the greatest at sharing. This led to a new affirmation. "I can explain my feelings openly to others."

Listen, I know this can be scary but affirming the full potential we want to see in our lives is powerful. My motto is, "*affirm until it's confirmed!*" so here we go!

I can explain my feelings openly to others.

I understand my feelings and I am able to express them to others in a safe and honest way.

My understanding and acceptance of my feelings helps me to communicate these



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feelings to others in a way that is positive. **I am effective in my communications because I am honest in exploring my feelings and accepting of myself in whole.**

My feelings are normal. Frustrations, anger, happiness, excitement and even the feelings of need are common feelings that I share with the human race. I accept all of my feelings and welcome them.

I experience my feelings, share them and move on. I am able to discuss my deepest thoughts with others because I have taken the time to first understand them myself.

I welcome all feelings, both the negative and the positive. They help balance my life. My positive feelings are made sweeter because I understand what the negative feelings offer.



Today, I choose to accept all my feelings and open my heart to others. I choose to communicate what I feel in safe and healthy ways. **I will let go of any obstacles that hinder me from communicating my feelings to others.**



Self-Reflection Questions:

1. Have I taken the time to fully understand my feelings?
2. Have I accepted my feelings no matter what they are?
3. Have I communicated my feelings in a safe and honest way?