

Find the Word

Use it when... something stirs in you and all you can say is "fine."

"Why, my soul, are you downcast? Why so disturbed within me?"

Psalm 42:5 • David asking himself to name it

Start in the middle. Move out until the word fits.



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E6 • Find the Word *(back)*

THE SENTENCE

I feel *(one word from the wheel) about (what happened).*

THREE MOVES

- **Pause.** Ask “What am I feeling?” before “What do I think?”
- **Find the word.** Center first, then outward. Two words are allowed: “proud and sad” is an honest answer in this season.
- **Say it plainly.** “I feel that you...” is a thought, not a feeling. Stay on your side of the net.

WITH SOMEONE ELSE

Offer a word; don’t assign one. “It sounds like you might be *worn out*. Close?” If he corrects you, that is the gift.

WATCH FOR

Fine is not a feeling. **Mad** is often the bodyguard: look behind it for hurt, fear or loss.

Season words: restless • adrift • unneeded • relieved • free • torn

FIRST USE

Your next triad check-in. Answer “How are you?” with one word from the outer ring.

THIS SKILL’S PRACTICES S4 Her day first • S6 Reflect it back

More in the Toolkit: 1 • Listen • 3 • Speak Truly & Encourage

Wheel after Gloria Willcox, “The Feeling Wheel” (1982). Lieberman et al. (2007): putting a feeling into words calms it.

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