

MOODWORDS — AN INTRODUCTION

A tool to connect more deeply with yourself and your partner

If you're looking to understand and improve the way you communicate in your relationship, MoodWords can help tremendously. This tool isn't just about identifying your feelings; it's about transforming your relationship through better emotional communication.

WHY MOODWORDS?

MoodWords helps you put a name to your feelings, making it easier to share them with your partner. This simple act can:

Makes Sense of Our Experiences: By labeling your feelings, you can better understand and manage your reactions.

Boosts Empathy: When you express your emotions clearly, it helps your partner see beyond your actions to the feelings driving them.

Fosters Mutual Support: Knowing each other's feelings can lead to more supportive interactions.

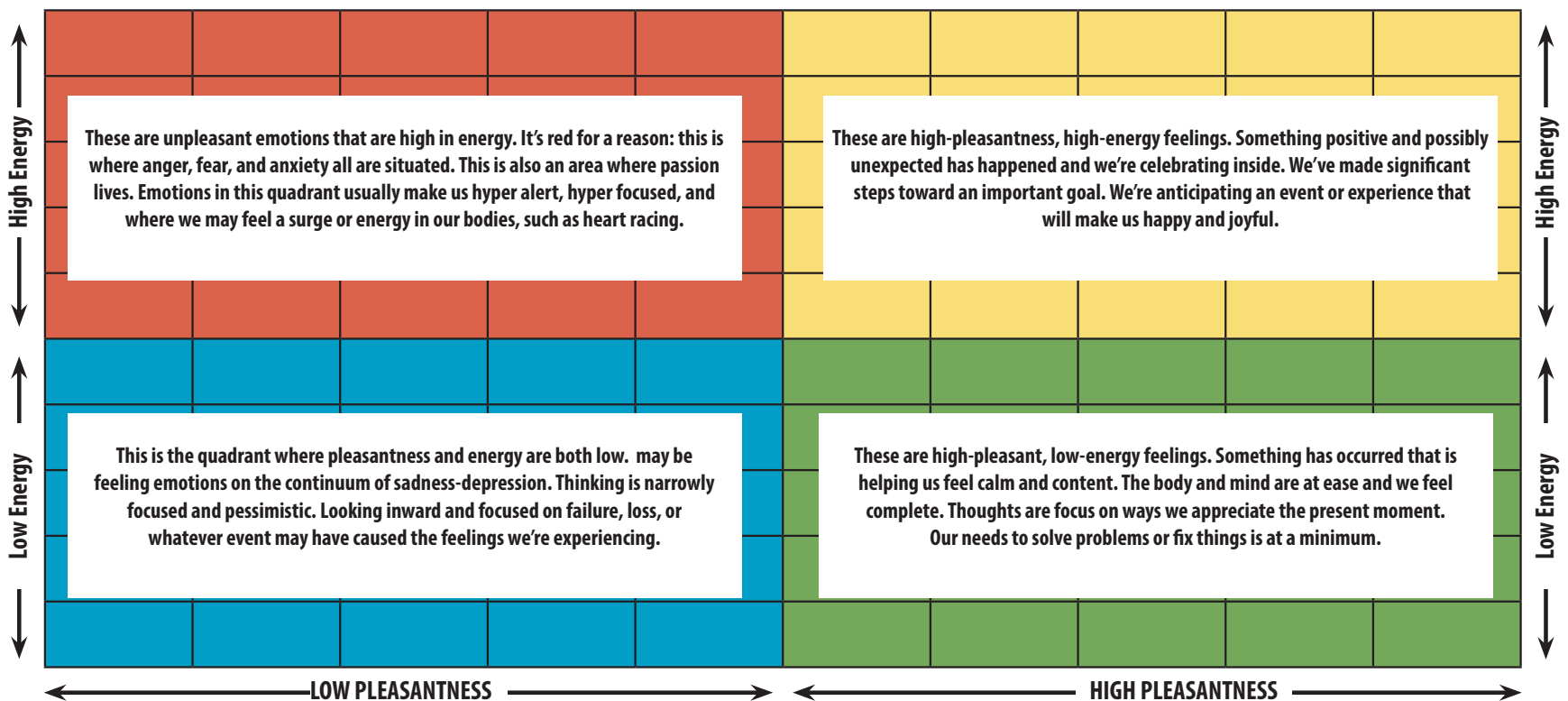
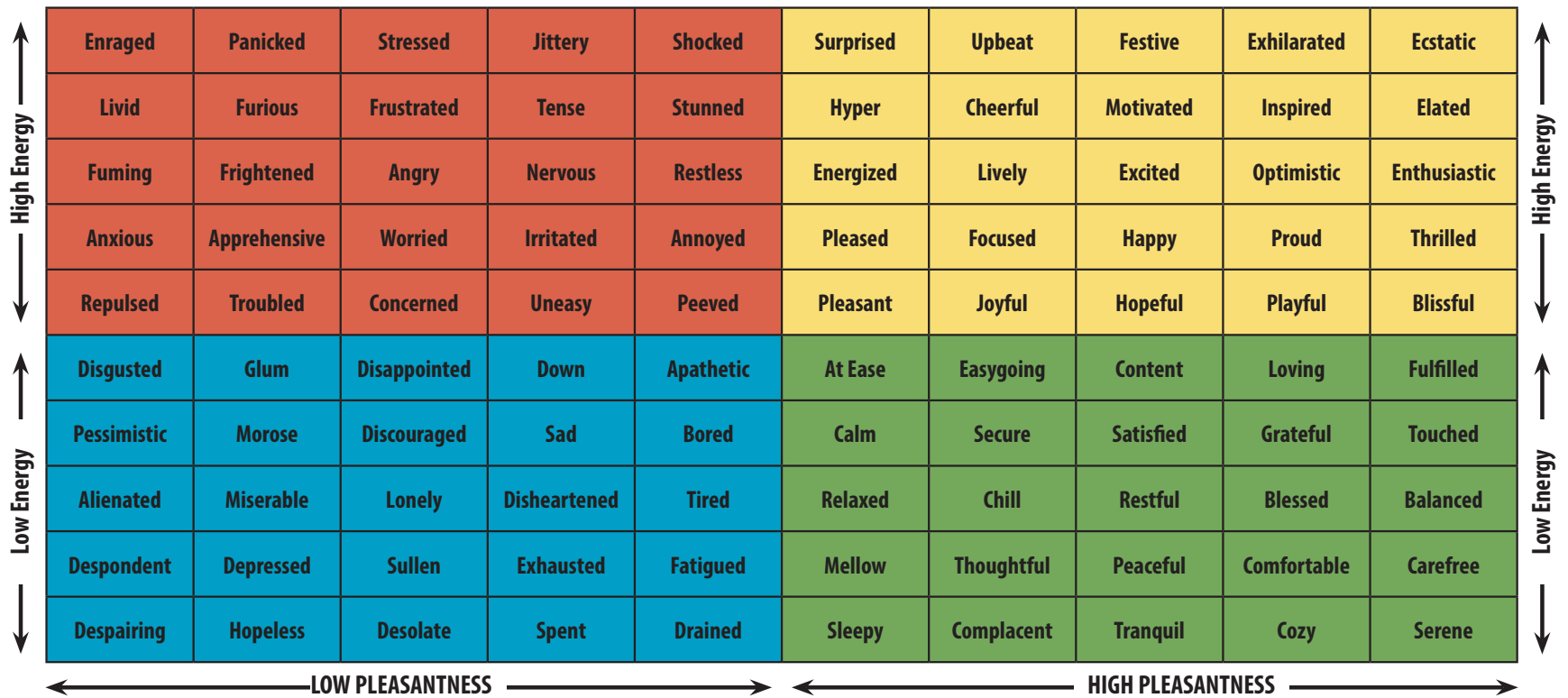
Strengthens your Connection: Being in tune with your emotions enhances your ability to connect with others, including your spouse.

GETTING STARTED WITH MOODWORDS

Scanning: Physically stop what you are doing to check in with the state of your mind and body. Ask yourself: At this exact moment, what is my emotional state? Am I feeling up or down? Pleasant or unpleasant? Energized or depleted? Don't search for the precise emotion but rather discover the general area where your mood exists in the MoodMeter on the next page.

Choose Your MoodWord: From the MoodMeter, pick a word that resonates with your current state. If nothing fits perfectly, feel free to create your own MoodWord.

THE MOOD METER



Source: Yale Center for Emotional Intelligence

Core Practice, The Morning Routine: Each morning, jot down four MoodWords in your journal. Next to each, write a sentence or two about why you might feel that way. This helps you track your emotional patterns over time. Use the questions below to go deeper.

DEEPENING UNDERSTANDING WITH QUESTIONS

When a particular mood strikes, ask yourself:

What just happened that might have influenced my mood?

What was I doing right before I felt this change?

Could earlier events today or last night be affecting me now?

Are there past interactions involved that might be influencing how I feel?

What memories are connected to this feeling?

Approach your emotions with curiosity and without judgment. This mindset helps you understand the roots of your feelings without labeling them as good or bad.

RECOGNIZE TRIGGER PATTERNS EARLY

Pay attention to:

Energy Levels: Notice how different emotions affect your energy.

Thought Patterns: Observe how your thoughts change with your mood.

Physical Sensations: Be aware of how your body feels during various emotional states.

This may take longer at the start but with time and practice can help you to have incredible **emotional literacy & agility**, as you quickly recognize and respond to your emotions.

USING MOODWORDS WITH YOUR PARTNER

1. To Communicate Feelings

When sharing your feelings, use the format:

“I feel [MoodWord].”

Be wary of anytime you say “I feel” and then add anything other than a MoodWord. You are not sharing your feelings but your thoughts and opinions. Be particularly wary of “I feel like...” or “I feel that...”, as these are clear signals that what is coming next is not a feeling. When you stay with just your feelings they are “unarguable” as they are nothing more than your current experience. *This simple rule can transform your communication.*

If you do elaborate, ensure you own your feelings and not attribute them to your partner’s actions. For example, “I feel overwhelmed when I think that I have to manage everything at home by myself” vs “I feel overwhelmed when you don’t do anything around the house”.

2. As a Daily Emotional Check-In

Note: Please only introduce this if you are in a stable season of your relationship and are able to lead with emotional intelligence and hold space for each others emotions.

Set a Time: Perhaps during a morning walk, check in with each other using MoodWords.

Share and Describe: Take turns sharing a few MoodWords and briefly describe why you feel that way. Remember, this isn't about fixing each other's feelings but understanding them.

Listen Respectfully: Avoid blaming, fixing, or judging. Ask questions only to clarify and understand better. If there are any followup actions or discussions needed, schedule them for another time.

Express Gratitude: After sharing, thank each other for being open and honest.

Keep It Brief: Aim for these check-ins to last no more than 10 minutes, making it easier to fit into your daily routine.

MoodWords isn't just about improving communication; it's about enriching your relationship by understanding and respecting each other's emotional worlds. By integrating MoodWords into your daily life, you and your partner can avoid misunderstandings, feel more connected and revive intimacy in your relationship.