An L2O2 Empathy in Action Workshop

What's Hiding Inside "I Feel..."?

From faux feelings to deeper emotional clarity

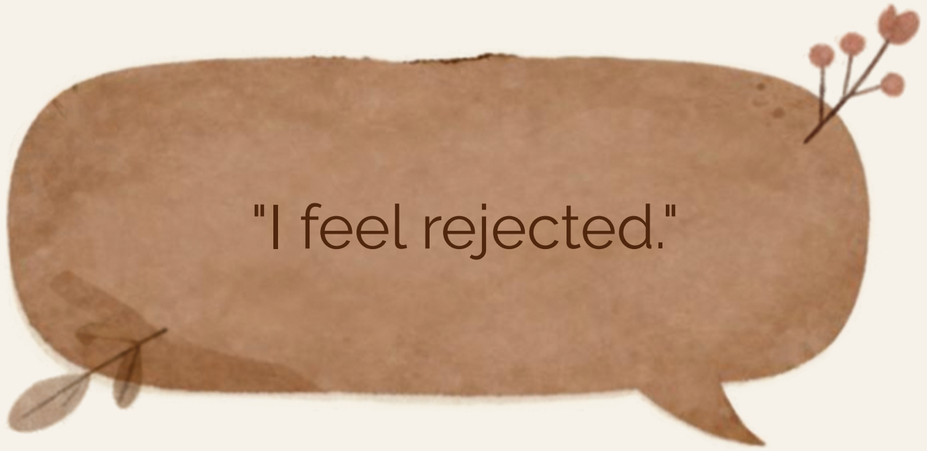


Learning to Love
Ourselves and Others

These Sound Like Feelings...







But are they **really** feelings?

A Criticism in a Feeling Hat!

"A faux feeling is like a criticism
wearing a feeling hat."
Not bad, but disconnecting.
It's a clue — hiding a feeling,
and pointing toward
something real underneath.



What's Under the Hat? 🔎





Curiosity, Not Correction

Turning Inward with Gentleness

When a faux feeling surfaces, try asking:

- What am I actually feeling?
- What matters to me underneath this?
- What story am I telling about what happened?



One Hat, Many Possibilities



"Ignored" is a clue — not a conclusion.









Activity: What's Under the Hat? 🎩🦒

"I felt ignored when you played on your phone while we were talking."

faux feeling	ignored			
true feelings	lonely	scared	hurt	sad
needs	connection	belonging	conclusion	



Activity: Feeling-Hat Roleplay 🎭

Curiosity over correction — together

With a partner:

1. Speaker → Share a faux-feeling statement from a card
2. Listener → Reflect what you heard
3. Listener → Offer an empathy guess: "Are you feeling disappointed because you wanted my attention?"
4. Speaker → (Negotiation) Adjust until something fits. There's no wrong answer.
5. Switch roles and try again.





What Did You Notice?

A debrief

As you explored what might be underneath the 'feeling hat':

- 🎩 What surprised you?
- 🔎 Did more than one feeling or need seem possible?
- 💛 What changed when you got curious instead of trying to find the 'right' answer?

There may be many paths underneath the same words.



Take It With You

- 🎩 Notice the hat (faux feeling)
- 🔍 Get curious
- 💛 Find the feeling
- 🌱 Listen for the need

"Your words don't have to be perfect.“ 💛

Want to Learn More?

Marshall Rosenburg
talking about how to express feelings

https://youtu.be/ymYtPcIpfSA?si=ApKGmp-R4fHdQGVN

