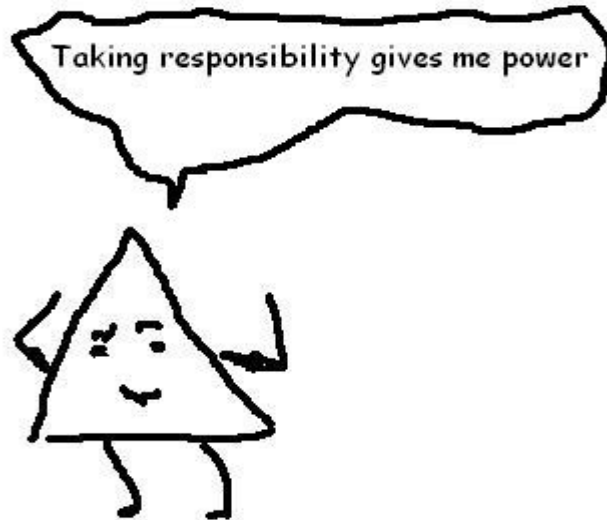


Taking Ownership of Your Feelings Helps Empower Your Relationships by LaVonne Los MS LPC



Taking ownership of your feelings at anytime is important. In life and especially in relationships, it is necessary that you understand that you and only you are responsible for how you act on your perceptions and your feelings. Do you ever or worse, often allow some people to take advantage of you or hurt you? Does your self-talk automatically make you feel weak? If so, do you then handle that type of behavior by shutting yourself down or claming up? Do you become resentful or feel sorry for yourself? Do you complain to others about how so and so treated you? Have you figured out that nothing positive comes from any of those responses?

Think about the last time you had a conflict within one of your relationships. When you experience such a situation, it is your responsibility to let the offender know how you feel. Ignoring another's inappropriate or hurtful behavior towards you is really ignoring your feelings and the health of the relationship. After a while, you begin to not trust your feelings and eventually stop feeling! Though it may appear obvious to you that you have been hurt, you may feel that the other person 'should know' they have hurt you, or have overstepped their bounds. However, you cannot expect others to read your mind.

You may feel hurt, angry and resent when others aren't considerate with you. You may have a difficult time telling them this, never the less; it is your responsibility to do so. It absolutely, is not your responsibility to avoid conflict to keep the peace.

If you feel you must 'walk on egg shells' in any of your close relationships, that should be a red flag that you may be tolerating inappropriate behavior. Your responsibility is to take care of yourself by communicating to that person what they did was offensive. Let them know you are willing to discuss any area that may need correction on your part. However, you will not accept abusive behavior, even if you are in error. Take responsibility for your actions but do not feel responsible or feel that your actions made someone else react with abusive or inappropriate behavior.

Identify what you would need to say to have that person recognize that you are a responsible adult who is not afraid to address or confront an issue. Consider how you can feel when you address your needs. When you let others know how you feel about how they treat you, you allow them to know more of who you are. This empowers you and it empowers the relationship. Part of taking responsibility for your feelings, is letting others know how you feel and what you will or will not accept. And you will love yourself for your strength. Take responsibility and be empowered.

Below is a picture to help you visualize this process. The little squiggly figure is your negative self-talk.

