

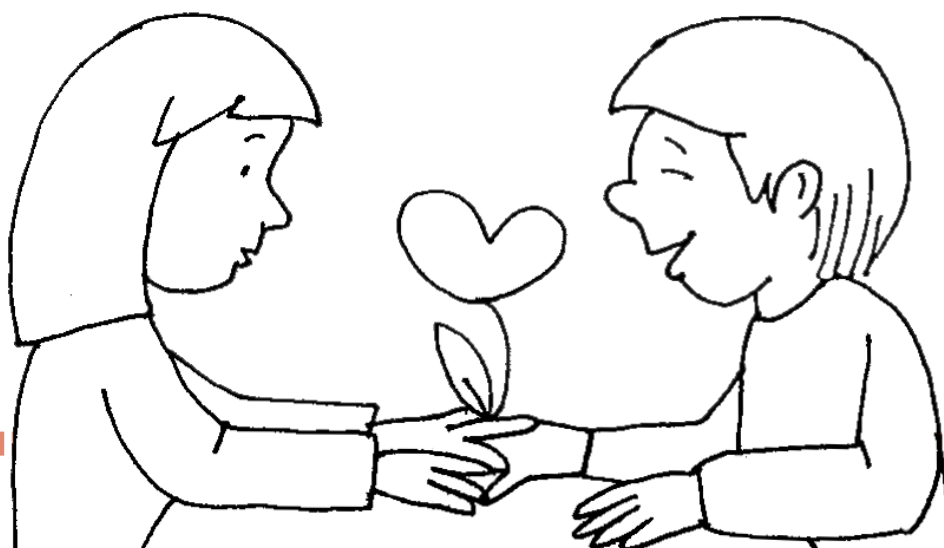


FEELINGS: Sincerity

Sincerity in the world of feelings is very important. It is a requirement for being healthy, and having integrity in communication with other people. We should, in the first place, be sincere with ourselves. We should also be sincere with the others and talk openly, but not in the way that we just let our negative feelings out, without taking care of the feelings of others. In such occasions we very often do not care about the words we use that can be very harsh and offensive.

In such situations it is good to take responsibility for our feelings. Whatever the other person does or says that triggers, for example, our anger, that feeling of anger belongs to us.

Others are not responsible for what we feel. When we want to say something about our feelings, it is good if we begin our sentences with “I”, not “you”. When we accuse others for our feelings, we usually get the same in return. Defense is a natural reaction to attack. However, when we are positive, wishing to talk in order to help each other, our feelings can be explained and clearly seen in an atmosphere of love and understanding. When cooperating, we will be able to have insights and find ways to transform unwanted feelings, so that we can use them in a way that will be fruitful for both sides.



When we talk Heart-to-Heart there is a solution to everything!