



Sharing feelings in a healthy way

It's normal to have many emotions when living with kidney disease. Learning to identify how you're feeling can help you share your emotions with loved ones and your care team.

Try this activity to better understand your feelings and help share them with others.



Identify your feelings

Find a quiet place to reflect. Think about a recent situation that made you upset. What was happening? Who was with you? Write down how you were feeling.

Here are some examples of emotions: afraid, sad, frustrated, angry, confused, hopeless, overwhelmed, and ashamed.



Understand your actions

Ask yourself how you responded to that situation. Were your actions helpful or hurtful to yourself and your loved ones?

**Choose future actions**

If you responded to your feelings in a helpful way, what did you do that helped you process them? If you responded in a hurtful way, what could you do next time? Think about going for a walk, talking to a friend, or participating in a favorite activity.

**Express your feelings**

The best way to share your feelings is through “I” statements. Write “I” statements below to share your emotions and how you would like the situation to change.

Example: “I feel frustrated when my family criticizes my eating habits. I would feel encouraged if we could try some kidney-friendly recipes together.”

**We’re here to listen**

Your care team can help you when you’re struggling.
Reach out for support whenever you feel the need.