

# Be emotionally honest

**Being emotionally honest means using feeling words to express what's going on with you first. An example:** "I hated maths too when I was at school. I worry that it will get harder if you don't do your homework, and I'm willing to sit down with you while we work through it together."

**Tell the emotional truth about yourself and people around you will know where you're at.**

**Here are some examples:**

I love you

I'm very proud of the person you've become

Thank you for always being there for me

I've always loved spending time with you

I'm frustrated I can't go dancing

I'm scared I'll get ill

I'm sorry for shouting at you

I appreciate the sacrifices you've made for me