

Dealing with Feelings Rap

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We'd like to share with you some things that we've learned about communicating when you've got a concern.

First we need to talk about something we've all got that if we don't manage well can tie us up in knots.

And that's FEELINGS, we've got 'em, of all different kinds. But they don't have to run us, 'cause we can use our minds.

Feelings are strong, can make it hard to think.

There's lots of things to do so you don't have to sink.

You can shake like a leaf in the wind when you feel scared, Ask someone to hold you when you've had a nightmare.

And let yourself cry when you're feeling really sad; Ask for some attention when you're down or mad.

Don't bottle up those feelings and keep them inside where they can mess you up and eat you alive.

But dumping them on folks who aren't really listening won't clear your mind and can start them bristling.

So if you want to vent and get things off your chest find a willing listener 'cause that will work out best.

Now we want to tell you 'bout a special tool that can help you get along at home or school.

It's called an I-message; that means "I," not "you." It's a way to talk it out when you're feeling in a stew.

There's no blaming, no shaming, no putdowns or disgrace. I simply tell you how I feel and why I feel that way.

I say exactly what it is that bothers me and maybe also tell you how I'd like it to be.

And though I-messages can help when you feel mad, you can use them as affirmations, when you're feeling glad.

So here are some examples that were put to tune. Why not listen to the words and try one real soon?

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(Verses to be sung:)

1. I feel angry when someone yells at me
because I don't feel respected at all.
I'd like if you could speak to me
in a voice that's a bit more calm.
I'd like to know what you're mad about.
But I can't listen well when you shout.

2. I feel annoyed when you put down
what I say or I think
when we see things differently.
I'd like to tell you what I think
without fear of being 'dissed.
And you can expect the same of me.

3. I feel hurt when you leave me out
because I thought we were the best of friends.
I'd like to talk with you, to figure out
just where our friendship stands.

I'd like to know why you didn't ask me?
How do we want our friendship to be?

4. I feel grateful when you take time to listen to my problems,
Because it helps me think things through.
I'd like to thank you for giving your time and attention.
'Cause now it's clear to me just what to do!

Ending refrain:

Communicate, relate, communicate, relate.....

Counter melody:

If we want to relate, we've got to communicate!
If we want to relate, we've got to communicate.
Communicate, yeah! Communicate, yeah!