

# What is *really* bothering you?

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Have you ever been angry, sad, or upset, and didn't really understand why? When we feel psychologically threatened, our brains and bodies react similarly to when we feel physically threatened. We fight, flight, or freeze. It can be helpful to know what originally set off that reaction. The questions below can help you identify what is really going on and why you feel so strongly about this. You can also use these with others to understand their reactions.

- What is most important to you in this situation?
- What is most upsetting to you?
- How did this impact you?
- What about this keeps you up at night?
- What feelings is this bringing up?
- What do you want them to understand?
- What about this feels unfair?
- What is keeping you from being able to move on?
- In a perfect world, how would that interaction have gone?
- In a perfect world, what would happen next?
- If you didn't have to worry about consequences, what would you want to say to the other person? (What needs are behind that?)
- What do you want the other person to say to you?
- What does this situation say about your identity?

