



Understanding How I Am Feeling

A Guided Emotional Check-In

HOW TO USE THIS WORKSHEET

Pause and describe what you notice without needing to explain, fix, or judge it. There is no correct way to feel, and more than one feeling can be present at once.

01 BEGIN WITH THE MOMENT

What was happening when I first noticed a change in how I felt?

02 GIVE THE FEELING SOME LANGUAGE

Use an emotion word, several words, or simply describe the experience in your own way.

HOW STRONG DOES IT FEEL RIGHT NOW? 0 = barely noticeable 10 = as strong as I can imagine

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03 LISTEN TO THE WHOLE EXPERIENCE

Feelings may show up through the body, thoughts, and impulses - not only through emotion words.

BODY SIGNALS

Sensations, energy, breathing, tension, or movement

THOUGHTS + STORIES

Words, images, predictions, memories, or meanings

URGES + ACTIONS

What I feel pulled to do, avoid, say, or change

A feeling may point to something important without telling the whole story.

For now, the goal is understanding - not forcing the feeling to disappear.



What Might This Feeling Need?

Move from understanding toward a supportive response.

STAY CURIOUS

A feeling may be connected to a need, value, boundary, loss, hope, or past experience. You do not need to accept every thought or act on every urge in order to listen.

04 HEAR WHAT THE FEELING MAY BE SAYING

If this feeling could speak, what might it want me to notice?

What seems important, threatened, missing, or needed in this situation?

05 NAME WHAT MAY HELP

Choose any needs that fit. This is information, not a demand to solve everything immediately.

☐ Comfort or reassurance

☐ Space or quiet

☐ Clarity or information

☐ Rest or reduced demands

☐ Connection or belonging

☐ Safety or a boundary

☐ Expression or being heard

☐ Practical help

Something else:

06 CHOOSE A RESPONSE THAT FITS THIS MOMENT

What is within my control or influence right now?

One small, supportive next step I can realistically take:

A COMPASSIONATE REMINDER TO MYSELF

What would I want to remember if this feeling remains for a while?