



What am I feeling?

You do not need the perfect word. Start broad, then get a little more specific if it helps.

Angry

Sad

Afraid

Overwhelmed

Lonely

Confused

Numb

Calm

Happy

Circle one that feels closest. If none fit, write your own word below.

My word:



Name it. Notice it. Ask what it needs.

This is reflection, not diagnosis.

The feeling I chose:

What happened just before I noticed it?

Where do I notice it in my body?

What might I need right now?

If you want to talk about this, you can bring this page into therapy.