Feel Your Feelings Notebook Prompt

I feel _____

Make sure this is a word or short phrase, not a thought masquerading as a feeling.

For example, *I feel **lonely*** not *I feel like her not responding to my text shows she doesn't care*.

The feeling was triggered by _____

Keep this very brief, just for your own memory.

For example, *My mom snapped at me when I told her I wasn't available for a call just now,* or *The kids were whinging and I was hungry*.

Where I feel it in my body:

Identify the physical signs of the feeling. For example, *my eyes are teary; my heart feels achy; my stomach is queasy; my brain feels foggy*, etc.

Self-Validation: It makes sense that I feel (emotion name) *because* ____ or *It's okay to feel* (emotion).

It's important to make a practice of noticing what you're feeling and where it shows up in your body. Often our emotional responses to things aren't fully about what is occurring in this very moment but are reactions of our pattern-seeking brain trying to predict likely danger and protect us.

Use either the notes feature on your phone or a literal paper notebook and begin noting down what you feel, what triggered it, and where it shows up physically for you. Then write a simple sentence validating that it's okay to feel that way.

It can also be helpful to do this for a variety of kinds of emotions, not just unpleasant ones. For example, noticing when you are satisfied or grateful, when you feel happy or delight, can help grow your brain's ability to acknowledge what's going well, which in turn soothes your entire nervous system.

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