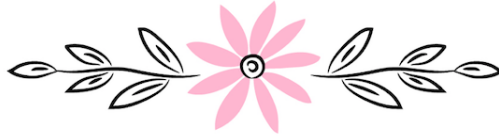


Feeling your Feelings Worksheet



This worksheet is to be used with the Feeling your Feelings lesson.

There are 3 steps for feeling your feelings:

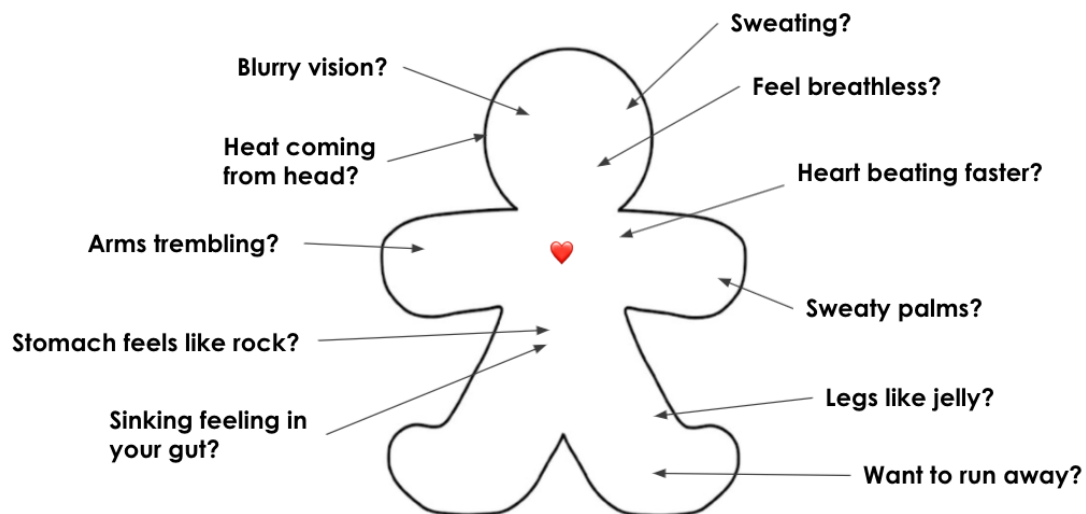
1. Notice the sensations in your body
2. Label the emotion/s you are feeling
3. Allow the emotion to move through your body

HOW TO NOTICE THE SENSATIONS

Ask yourself how your body feels physically.

Do I feel anything in my stomach? In my head? My arms or hands? My chest?

Tips for noticing the sensations



What does the sensation feel like? Is it...

- Heavy or light?
- Hot or cold?
- Still or moving?
- Fast or slow?
- Solid or maybe cloud-like or liquidy?
- A color? (red, green, black, pink, purple, white, blue)
- Buzzy or jittery or trembly?
- Sharp or dull?

Notice that the sensations can shift and change during the 90 seconds they take to move through your body.

All you have to do is notice them, be aware of them.

You can practice trying to feel your sensations right now. You can do this anytime, not just when you are having some strong emotion. Where and what are the sensations in your body?

HOW TO LABEL YOUR EMOTIONS

Name the emotion or emotions you are feeling. There can be more than one.

For example, I feel... happy, sad, bored, mad, frustrated, confused, calm.

Don't worry about whether the words that are coming up are actually "emotions." There is no wrong answer here. Whatever comes up for you is okay.

Here is a partial list of emotions to spark your thoughts:



Practice naming the emotion or emotions you are feeling right now. (There could be one, or a lot!)

HOW TO ALLOW THE EMOTION TO MOVE THROUGH YOUR BODY

For this part, you need to just literally sit and be aware while the sensations move through your body, and to notice what the emotions are. Do this for 90 seconds.

There is no good or bad feeling. You are not right or wrong for feeling any particular thing. It's not your "fault" if you have some negative emotion.

One tip that helps me a lot is to know that the emotion is just a vibration in my body, and that it can't hurt me.

Here are some self-kindness mantras you can use if it feels hard to allow the feelings:

- I forgive myself for being human.
- I feel X, and that's okay...
 - I feel pissy, and that's okay...
 - I feel jealous, and that's okay...
 - I feel uptight, and that's okay...
 - I feel frustrated, and that's okay...
- Being a friend to yourself: "I've got you, I'm with you. It's okay to feel this way."



If you'd like help implementing daily practices to stop suffering so much and change your life, contact Yolanda at yolanda@yolandaobannon.com for private coaching.

*Get tips on self-care with my newsletter — sign up here:
<https://yolandaobannon.com/>*