GoZen!

FEELINGS

JOURNAL

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FEELING YOUR FEELINGS

If you've ever had a challenging feeling that you don't know how to deal with, this journal is for you! The following pages go over 5 steps to help you navigate big feelings!

#1 WHAT'S THE FEELING?

Put a name to what you're feeling.

#2 WHERE'S THE FEELING?

Find where the feeling shows up in your body.

#3 WHEN DO YOU HAVE THE FEELING?

Figure out what situations bring up the feeling.

#4 WELCOME THE FEELING!

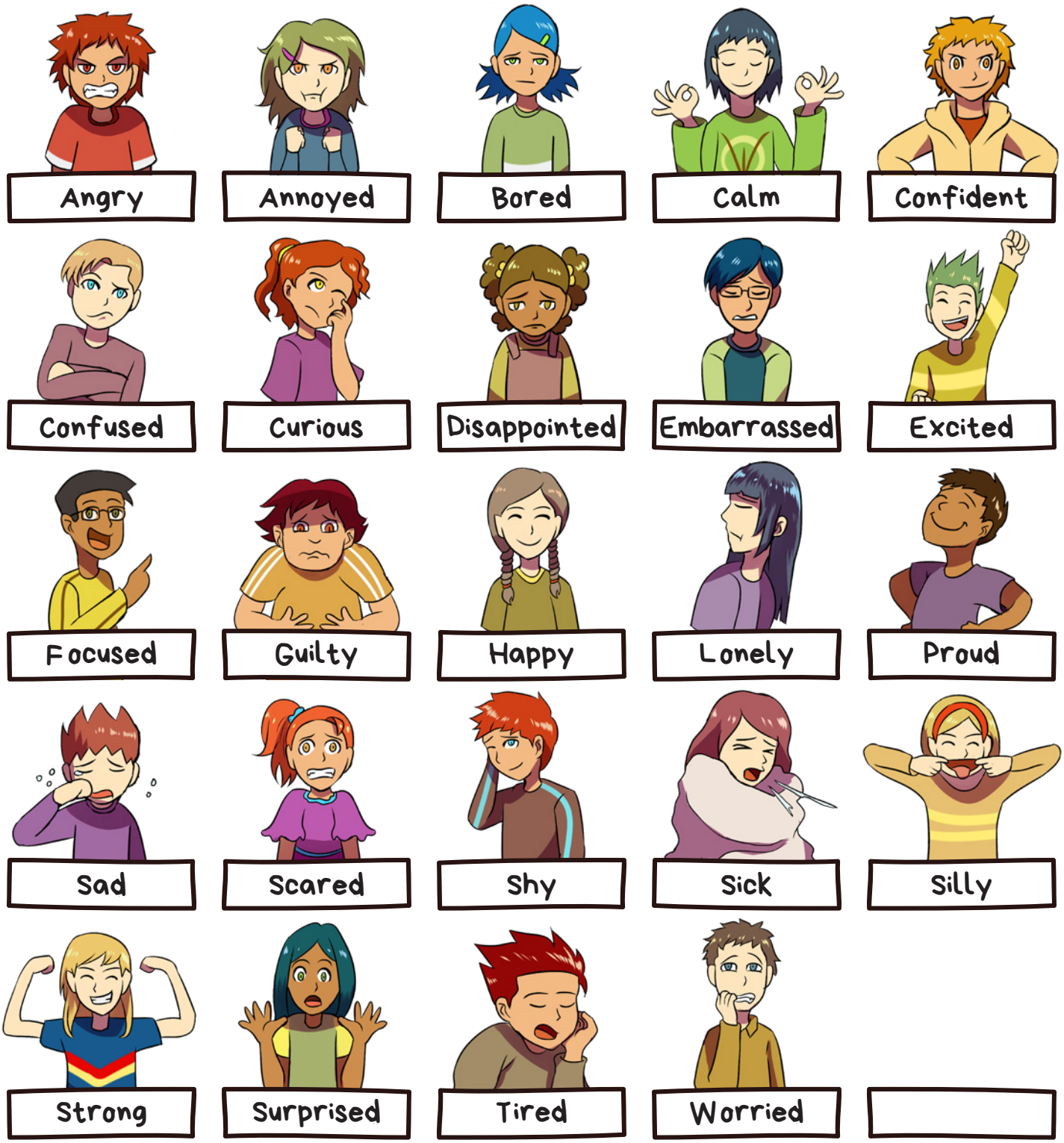
Accept the feeling instead of ignoring it.

#5 WORDS FROM YOUR FEELINGS.

Listen to the message your feeling is sending.

#1: WHAT'S THE FEELING?

Do you ever have feelings that are hard to deal with? Circle at least 3 of those challenging feelings below. You might be surprised to learn that all feelings have a purpose and can even be helpful! Focus on 1 of the feelings you circled throughout this journal. :)



FEELINGS ABOUT YOUR FEELINGS

Have you ever thought about how you feel about certain feelings?
Focus on 1 challenging feeling and answer the questions.

Feeling:

How hard is this feeling to deal with?

Do you feel like this feeling is helpful in your life?

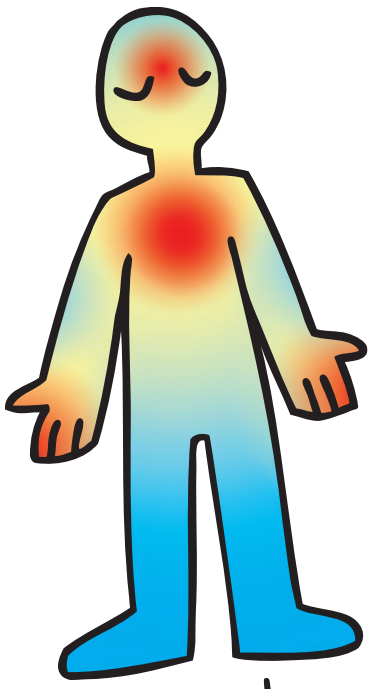
Do you wish to have more of less of this feeling?

What's one good thing that's come from this feeling?
(Example: My anger made me speak up for myself.)

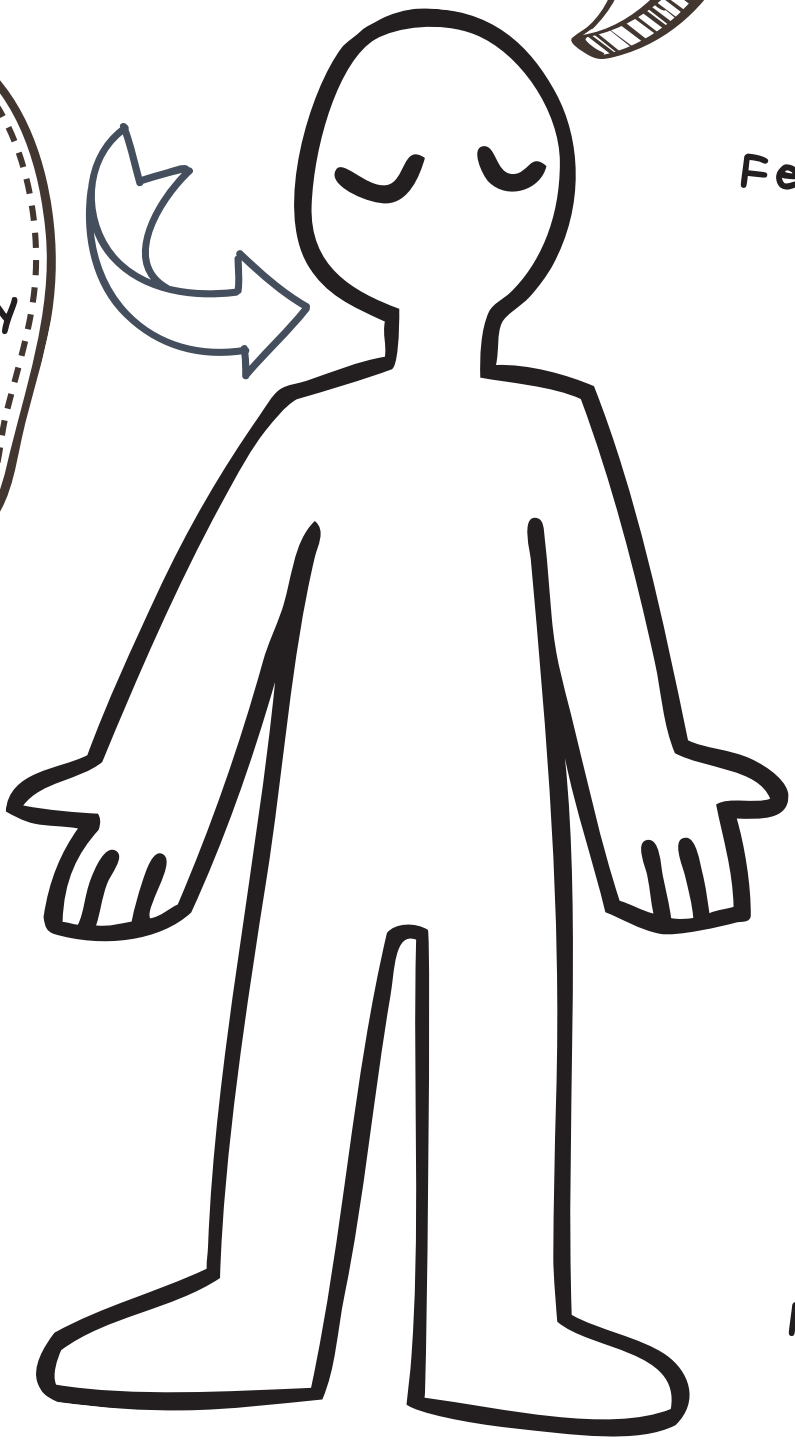
#2: WHERE'S THE FEELING?

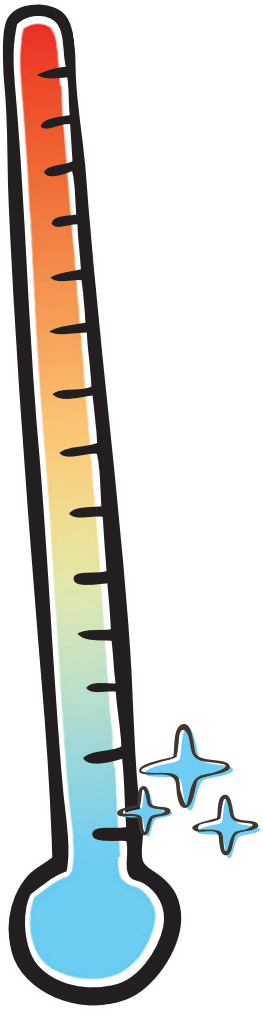
Feelings show up in different parts of the body. Where do you feel your feeling? Do you feel your stomach flipping or your hands clenching?

Use colors to show where your feelings are and if they are hot or cold.



Example





Notice what your body is doing! When you feel a feeling, you probably notice different sensations. Circle what you're feeling and draw your own!

MY FEELING:

WHAT MY BODY IS DOING:

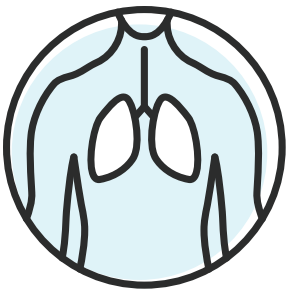
Sweating

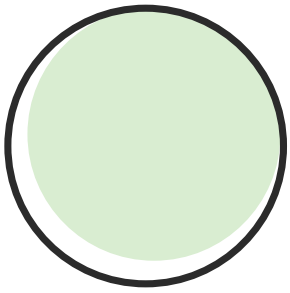
Tightness in my body

Heart racing

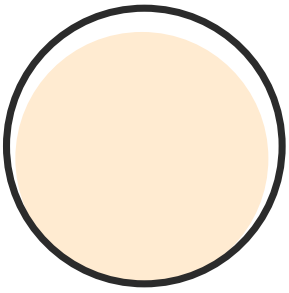
Trembling

Butterflies in my stomach

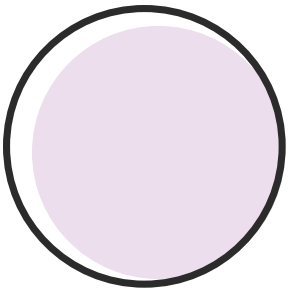

Shallow breathing

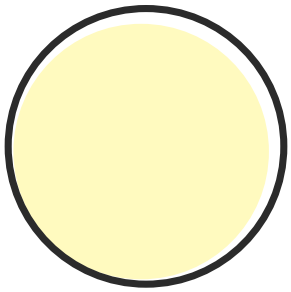


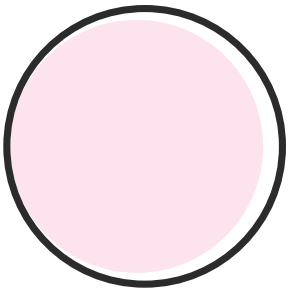
Feeling hot or cold



Feeling dizzy

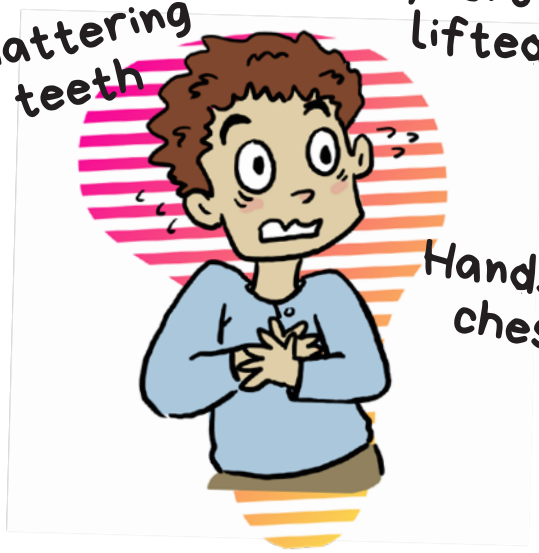




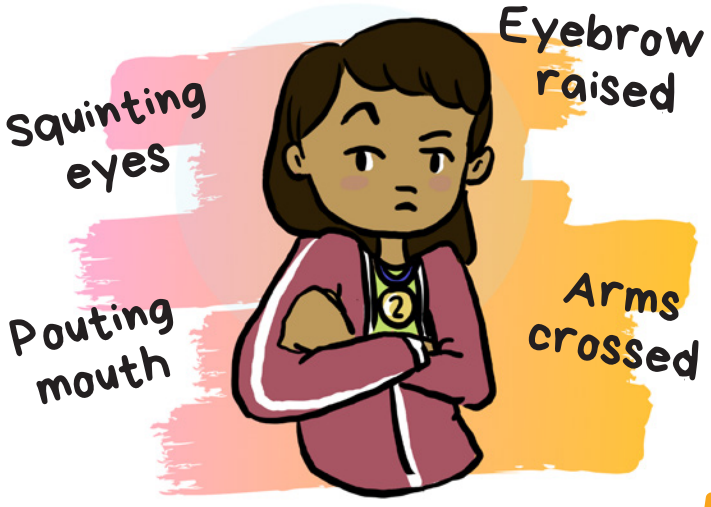


BODY LANGUAGE!

Break down your facial expressions and body language when you have certain feelings. Look at the examples and create your own!



Nervous



Jealous

WHEN DO YOU HAVE THE FEELING?

Get to know what situations come right before you have certain feelings. Fill in real examples below.

Before (Situation)	Feeling
Example: My brother went into my room without asking and took something.	Angry
	Angry
	Annoyed
	Bored
	Focused

WHEN DO YOU HAVE THE FEELING?

Get to know what situations come right before you have certain feelings. Fill in your feelings and examples below.

Before (Situation)	Feeling

#3: WELCOME THE FEELING

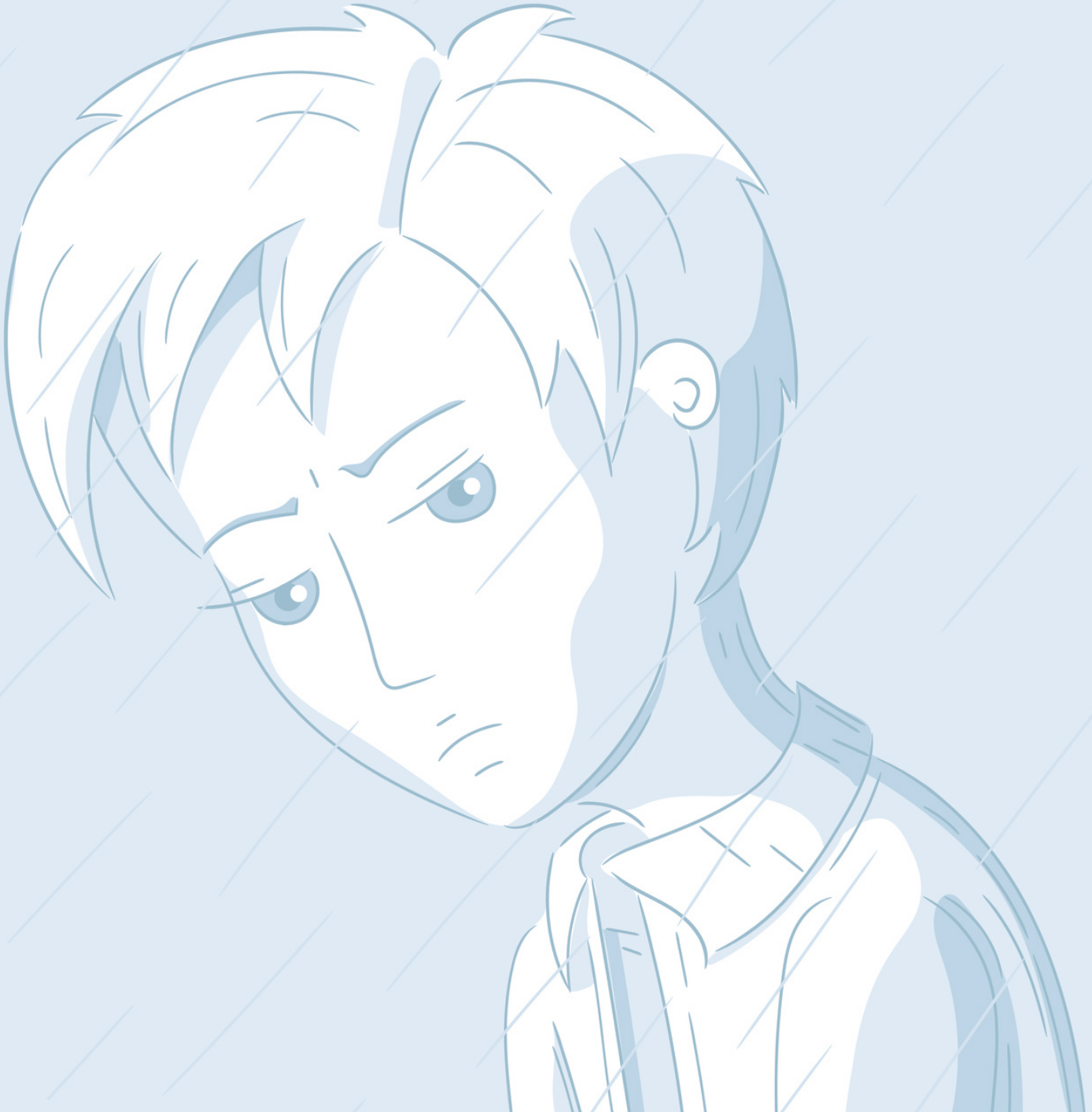
Welcoming your feelings means noticing them pop up without trying to change, ignore, or run away from them. Welcoming takes practice! Practice saying hi to your feelings like they are friends coming for a visit. Start your sentences with "I notice I feel..."

I notice I feel angry. Come on in, anger.

I notice I feel sad. Hi, sadness.

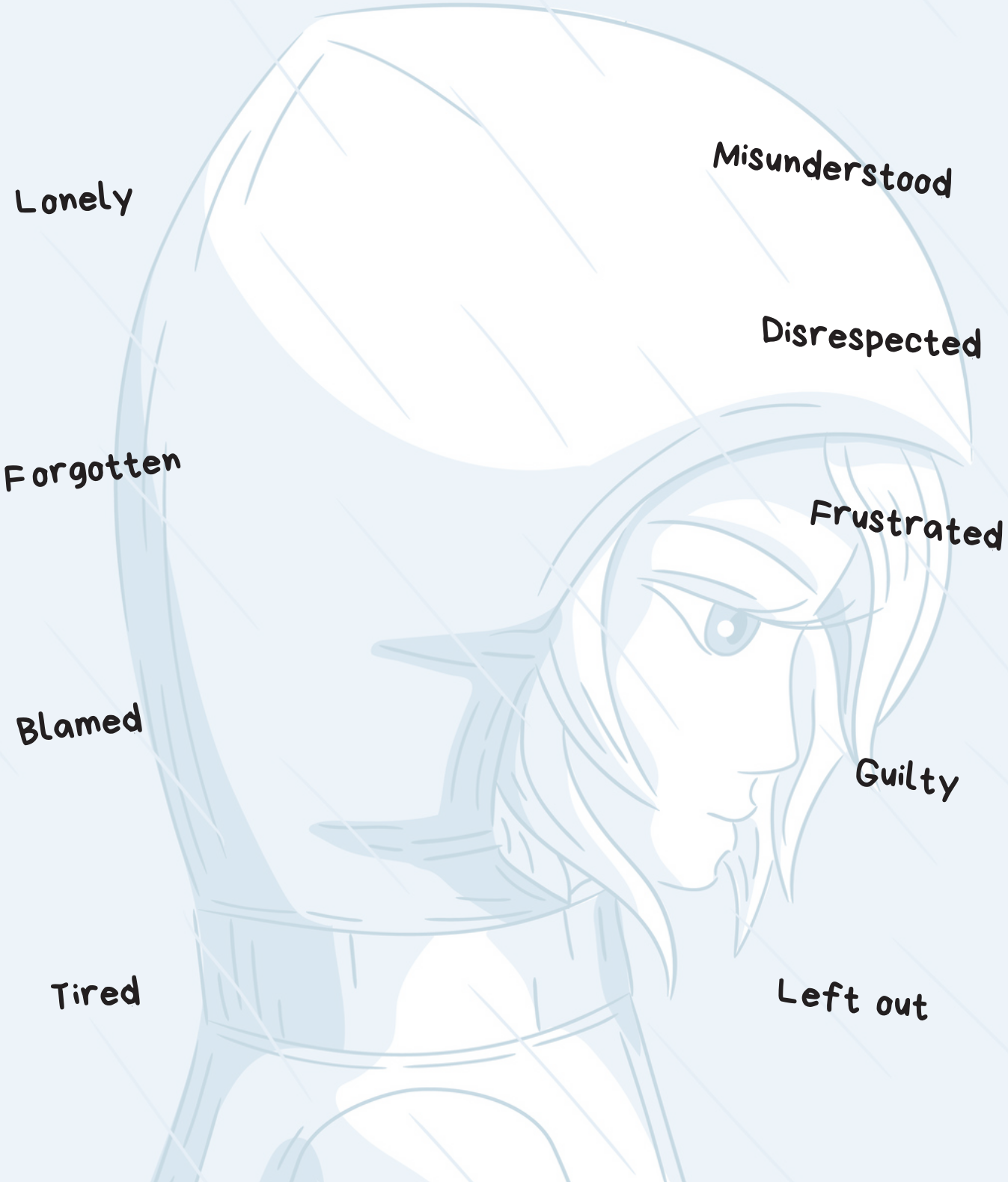
UNCOMFORTABLE IS OKAY

Try this: Pick a challenging feeling (anger, jealousy etc.). Set a timer for 2 minutes. Close your eyes and think about the last time you felt that way. What happened? Who was there? What was the scene? Visualize it in detail. See if you can bring the feeling up. Remember, you're safe. When you're done, write keywords about your experience.



UNDER THE FEELING

When you welcome challenging feelings, sometimes you notice other feelings or thoughts pop up. What else do you feel? Circle feelings that come up for you and write in your own.



RIDE THE FEELINGS WAVE

Feel your feelings, even if they're uncomfortable! Imagine you're an expert surfer and feelings are just waves you have to ride. You'll see some helpful sayings below to use when you have challenging feelings. Add in some of your own!

I notice I'm having a challenging feeling.

I can do hard things.

I'm riding the wave.

I am powerful.

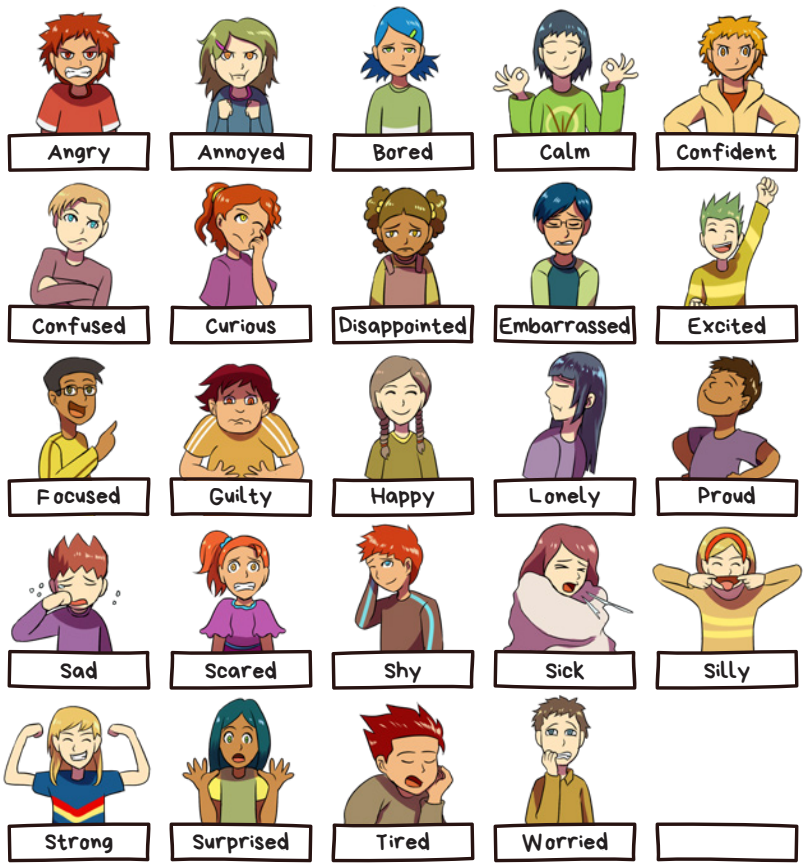
These feelings are uncomfortable, but not dangerous.

WELCOMING BEFORE REACTING

Welcoming your feeling means pausing and accepting the feeling before reacting.

Before	Feeling	Welcome	Reaction
Ex: My brother went into my room without asking and took something.	Angry	I took a breath and said hi to my anger. It was uncomfortable, but I knew I was okay.	I went to talk to my brother about what happened.

Circle the feelings which are the most difficult to welcome (pause, accept, feel). What do you usually do instead of welcoming these feelings?



Instead of welcoming these feelings, I usually (circle):

Ignore them
Distract myself
Hide them
React without thinking
Hope they disappear
Other:

PRACTICE WELCOMING

Plan how you're going to welcome your challenging feelings before they arise. Fill out some scenarios below.

Before	Feeling	Welcome	Reaction

Before	Feeling	Welcome	Reaction

#4: WORDS FROM YOUR FEELINGS

Even though feelings can't use words, they have a lot to say.

They're sending messages and **they want you to listen!**

What is your feeling trying to tell you?

SADNESS, what's wrong?

You've lost something, and that hurts.

What's up, DISGUST?

That's gross! Don't go anywhere near it!

Why are you so loud today, ANGER?

Someone's being unfair to you and it's NOT okay.

Why am I feeling _____?

IF YOUR FEELINGS COULD SPEAK...

Feelings are constantly sending our body and mind messages.
If they could speak, they might sound something like this:

Angry

This situation feels unfair. Your boundaries are being crossed! You can ask for what you need.

Guilty

You behaved in a way you're not proud of. Check in to see if you need to repair a friendship or relationship.

Disappointed

Something turned out differently than you expected. Not getting what you expected feels bad.

Sad

You feel a loss and need relief. It's okay to cry. Be easy on yourself.

Worried

You need to perform right now-- you need a little motivation!

IF YOU COULD TALK BACK...

Imagine your feelings could talk and you could respond. Write out your conversation below!

Feeling

Me

Feeling

Me

What did you learn?

TRANSFORM YOUR FEELINGS

You may not be able to control your feelings, but you have power over your reaction. You can choose to do things that transform your feelings into empowerment.

Grab a journal and write about how I feel.

Splash some cold water on my face.

Take a deep breath and exhale for 5-7 seconds.

Listen to my favorite song.

Draw or create a piece of art.

Take a break and try again.

Talk to someone I respect.

Know that this is temporary.

Thank someone I'm grateful for.

Think about how I overcame past challenges.

Invert into a headstand (safely).

Sip some water.

Push against a wall.

Focus on one tiny good thing in my life.

Talk to the person that upset me.

Reach out to a friend.

Write a letter expressing my feelings.

Remember, I'm not alone.

Remember, this isn't every part of my life.

Figure out if it is a small, medium, or big problem.

Help someone with something they need.

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MY WAYS:

What are some ways you like to transform your feelings?

TERMS OF SHARING THE ❤

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