



Handout

Discover Your Feelings

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Steps to discover (and honour) your feelings

Many people are taught to communicate in a way that blames, labels, or criticizes others rather than focusing on what they feel and need. Yet, part of emotion regulation involves discovering and honoring your feelings. Here's how to do just that:

Feel what you are feeling.

On the last page, you will find "The Feel Wheel" which allows you to hone in and focus on the specifics of what you are feeling beyond the generalized emotions of happiness, anger, fear or sadness.

Using the "Feel Wheel" accurately identify what you are feeling. Give yourself permission to feel the emotion and sit with it for a few minutes.

What triggered you?

Think about the prompting event and vulnerability factors (like hunger, lack of sleep, begin sick, etc.,) that triggered these feelings.

Where do you feel this feeling on your physical body?

For example, are your shoulders raised, is your jaw clenched, or is your breathing shallow? Stretch and breathe through this tension. Remember not to judge yourself during this process.

Express your emotions.

For example you can try journaling, movement, crying, deep breathing exercises, listening to music, creative work or even screaming into a pillow!

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Engage in self-care.

Examples include but are not limited to:

- Lighting a candle and taking a bath
- Engaging in a hobby or creative activity
- Spending time in nature
- Taking a nap
- Exercising
- Reading a book or listening to your favorite music
- Disconnecting
- Prioritizing rest

Get some support if you need it.

If you're having particular trouble with processing your feelings, it's okay to ask for some help. Reach out to a trusted friend or family member to see if talking through what your feeling is helpful. It always feel good to 'vent' or 'unload'.

You could also consider talking to a mental health professional if you can't seem to get past certain emotions on your own - especially if they are harmful and persistent and impact your day-to-day life.

The Feel Wheel

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