

Putting a Name to It

Get closer to what you are actually feeling, instead of only bad or fine.

WHEN TO USE THIS

Use this when something is off and you cannot say what it is.

Tick anything that fits right now.

- ☐ Angry
- ☐ Sad
- ☐ Scared
- ☐ Ashamed
- ☐ Lonely
- ☐ Restless
- ☐ Numb
- ☐ Something with no name yet

If you had to pick one word for it, what would it be?

What happened right before it showed up?

Time of day, who was around, what was said.

What does this feeling want you to do? What will you actually do?

Naming it does not fix it. It does make it easier to hold.