

Feelings In Depth-Feelings are a vibration in the body. They start in the brain and move down the body. They do not harm us. This is a beginning worksheet on how to process feelings. Reach out with questions.

Are there feelings that you avoid having every day? List them here..

What are your top 3 feelings every day?

- 1.
- 2.
- 3.

Why do you think you have these on a daily basis?

What would you like your top 3 feelings to be?

- 1.
- 2.
- 3.

Why?

What are you feeling now?

Where is this feeling in your body?

What color is this feeling?

Is this feeling hard or soft?

Is this feeling fast or slow?

How does this feeling make you want to react?

Why are you feeling this?