

HOW TO FEEL YOUR FEELINGS (IN 6 STEPS)

1. Give your feeling a NAME:
(e.g., RAGING ANGER)

2. Where do you feel it?
(Shade in where you feel your feeling below)



3. What COLOR is your feeling?
(circle below)



4. What TEMPERATURE is your feeling?



5. BREATHE INTO THE PLACE IN YOUR
body you are feeling your feeling:

BREATHE IN FOR 4
HOLD FOR 4
BREATHE OUT FOR 4
HOLD FOR 4
REPEAT

6. REPEAT THESE WORDS:

I AM Safe. I AM OK.
MY FEELINGS ARE SENDING
ME A MESSAGE.
IT'S OKAY TO FEEL THIS WAY.
I'M LEANING INTO MY FEELINGS.
I AM Safe. I AM OK.