

FIND YOUR FEELINGS

Feelings are like signals on a dashboard—they give us important information about how we're experiencing the world. When we take time to notice and name our emotions, we gain insight into what's really going on inside us. This can help us make sense of difficult situations, respond to challenges in healthier ways, and feel more in control of our lives.

However, when feelings go unnoticed or unexpressed, they can build up over time and contribute to anxiety or depression. For example:

- Unaddressed sadness can feel overwhelming and lead to hopelessness.
- Unacknowledged anger might turn inward, creating self-doubt or guilt.
- Unidentified stress can keep your mind in overdrive, making it harder to focus or relax.

Learning to identify and express your feelings is a skill. It might feel awkward at first, but the more you practice, the easier it

becomes—and the better you'll feel.

What Happens When You Don't Address Your Feelings?

Ignoring or suppressing feelings doesn't make them go away. Instead, they can:

- Get stronger over time: Like a snowball rolling downhill, unprocessed emotions can grow bigger and harder to manage.
- Cause physical symptoms: Stress, anxiety, and depression often show up in the body as headaches, stomachaches, or muscle tension.
- Impact relationships: When emotions aren't shared, misunderstandings and conflicts can grow.
- Feed into anxiety and depression: Negative feelings that aren't addressed can create cycles of worry or self-criticism, making it harder to find relief.

How Feelings Connect to Anxiety and Depression

Feelings like sadness, frustration, fear, or anger are natural and

normal—but when they’re left unaddressed, they can contribute to deeper emotional struggles:

Anxiety: When emotions like worry or fear are ignored, they can grow into constant, looping thoughts about “what if” scenarios. You might feel stuck in a cycle of trying to predict or control the future.

Depression: Suppressed feelings of sadness, disappointment, or

hopelessness can make it hard to find motivation, energy, or joy. When these emotions build up, they can lead to feeling “stuck” in a low mood.

By identifying and expressing your feelings, you create space to process and release these emotions instead of letting them pile up.

Take a moment to think about a recent event that has been on your mind. This could be something big, like a health problem, or something smaller, like a conversation or a change in plans. Write down what happened in your own words. You don’t need to include every detail—just enough to describe the event and what stood out to you.

Event #1

What happened?

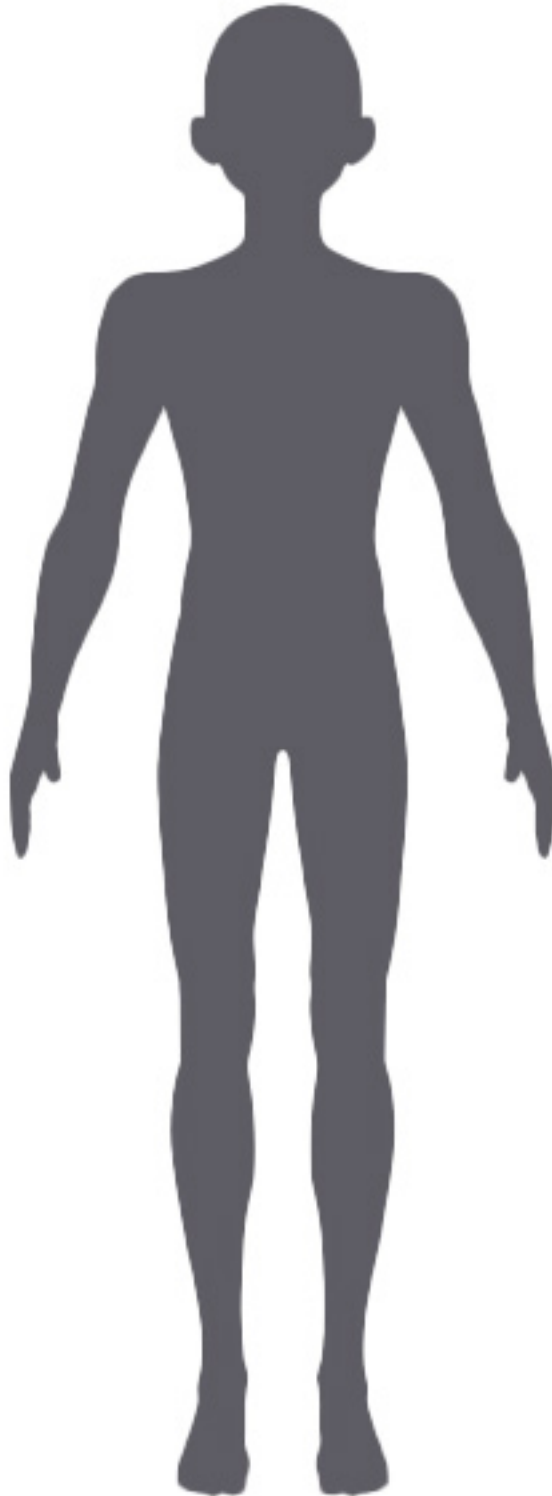
Who was involved?

Why do you think this event feels important to you?

Now, let’s explore how this event made you feel. Emotions can be tricky to name, so it’s okay to take your time. Use the feeling word bank below to help you. Circle or highlight any feelings that match how you felt during or after the event. You can choose as many as you need, and if a feeling isn’t listed, write it down in the blank space provided.

Afraid	Defeated	Helpless	Peaceful
Alone	Deflated	Hopeful	Proud
Amazed	Depressed	Hopeless	Relieved
Amused	Determined	Horrificed	Sad
Angry	Disappointed	Hurt	Scared
Annoyed	Discouraged	Ignored	Secure
Anxious	Disgusted	Impatient	Shocked
Ashamed	Dismayed	Insecure	Shy
Awkward	Distracted	Irritated	Stressed
Bewildered	Embarrassed	Jealous	Strong
Bitter	Empty	Joyful	Surprised
Bored	Energetic	Lonely	Tense
Brave	Envious	Lost	Terrified
Calm	Excited	Loved	Tired
Cheerful	Fearful	Miserable	Uneasy
Comfortable	Frustrated	Motivated	Unmotivated
Confident	Giddy	Nervous	Vulnerable
Confused	Gloomy	Numb	Worried
Content	Grateful	Optimistic	
Crushed	Guilty	Overwhelmed	
Curious	Happy	Panicked	

Sometimes we feel emotions in our bodies. Where do you notice this feeling in your body? For example, you might feel tightness in your chest, a lump in your throat, or heaviness in your stomach.



Take some time to think about the event and how it made you feel. Use these questions to guide your reflections. There are no right or wrong answers—this is your space to explore your thoughts and emotions.

Understanding Your Feelings

What part of this event caused the strongest feelings for me?

Why do I think I feel this way?

Does this feeling remind me of anything else I've experienced in the past?

How Feelings Show Up

Do I notice my emotions getting stronger or weaker in certain situations?

Are there things that make these feelings worse or better?

If I could explain my feelings to someone else, what would I want them to know?

Moving Forward

What do I need right now to feel a little better about this situation?

Is there something I'd like to say to someone about how this event made me feel?



What's one small step I can take to feel more in control or supported?

