



## Worksheet & Journal Prompts

### You Can't Think a Feeling, be curious, explore it — You Have to Feel It

Feelings live in the body, not the mind. The mind is home to thoughts!

This worksheet is an invitation to pause, reflect, and gently explore what you're feeling — not to analyse it, but to actually *\*feel\** it.

Below are prompts and space for journaling. Take your time. Let your body speak before your brain takes over.

#### Journal Prompts

1. . What feeling keeps showing up for me lately?

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2. Where do I notice this feeling in my body? What does it feel like physically?

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3. If I didn't have to explain or justify this feeling, what would I allow myself to feel right now?

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4. What's my usual response when a strong emotion shows up? Do I try to fix, hide, or avoid it?

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5. What might happen if I paused and allowed this feeling to move through me instead of overthinking it?

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6. If this feeling had a message, what would it be trying to say to me?

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7. What would help me stay present with this feeling, without needing to solve it right away?

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8. What did I learn or notice by allowing myself to feel instead of think?

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*my life me*