

# Identifying Your Feelings

Many people find it hard to know what they are feeling. This practice is a simple, effective way to learn to know which emotions you are experiencing.

1. Sit comfortably and relax your shoulders down. Breathe deeply and relax.
2. Notice if you are feeling any emotions, no matter how faint and see if you can label the feeling. It's ok to guess the emotion if you're not sure.



Feeling a range of emotions is normal.

Here are some examples of possible emotions that you may have identified

- |                                     |                                     |  |                                   |
|-------------------------------------|-------------------------------------|--|-----------------------------------|
| <input type="checkbox"/> Sadness    | <input type="checkbox"/> Happiness  | <input type="checkbox"/> Joy           | <input type="checkbox"/> Hopeful  |
| <input type="checkbox"/> Anger      | <input type="checkbox"/> Worry      | <input type="checkbox"/> Embarrassment | <input type="checkbox"/> Interest |
| <input type="checkbox"/> Relaxed    | <input type="checkbox"/> Excitement | <input type="checkbox"/> Pride         | <input type="checkbox"/> Shame    |
| <input type="checkbox"/> Frustrated | <input type="checkbox"/> Anxiety    | <input type="checkbox"/> Fear          | <input type="checkbox"/> Peaceful |

Accepting our feelings as normal, doesn't mean that we should allow them to define us, consume us or overwhelm us. Instead, we can just accept them, without analysing them, allowing your mind to worry or replaying past events.

So don't fight them, accept they are there and consider what you can do instead. It might be that you have a cry, that you sing loudly, that you decide to turn it into a positive that spurs you on, or dance in the rain.

When I next feel negative feelings, I will...

And don't forget...these feelings will pass