

I Don't Know What I Feel

Use this when something is bothering you, but you cannot name it yet.

1 START WITH WHAT HAPPENED

One sentence is enough.

2 NOTICE YOUR BODY

Tight? hot? shaky? heavy? restless? tired? numb?

3 NOTICE THE URGE

Leave? yell? cry? hide? talk? fix it? be alone?

4 TRY A FEELING WORD - MAYBE

Angry, sad, scared, embarrassed, frustrated, disappointed...

5 FINISH WITH WHAT YOU DO KNOW

You do not have to diagnose yourself correctly.

MISSY SAYS

"I don't know" is information. Start there.

