My Feelings Discovery & Action Plan – Example

What happened?



I got a text from a friend saying they couldn't come to my birthday party.



What happened?
Where was I?
Who was there?
What was said or done?

How strong are my feelings? (0–10) What am I feeling?



I felt really upset and a bit angry.

I would say about 7 out of 10.



How strong are my feelings? (0–10)
What feeling words fit?

Where do I feel it in my body?



I noticed a tight feeling in my chest, my tummy felt funny and my shoulders felt tense.



Tummy? Chest?
Head? Hands?
Shoulders?

What thoughts popped up?



"Do they not like me?"

"Have I done something wrong?"

"No one wants to be my friend."



What did my brain say? What was I worried about?

If I'm on the worry path, how can I step off it?



I took a few slow belly breaths, reminded myself I'm safe, and told myself:

"It's OK to feel upset, but I can choose how I respond."



Belly breathing, shoulders down, grounding, sip water, or ask for help.

What's a kinder or better way to look at this?



They probably couldn't come because of something else.

It doesn't mean they don't like me.

I have other friends who care about me.



What are the facts?
What would I say to a friend?
Here and now, am I safe?

My action plan How do I feel after? (0–10)



I can message them and ask if they'd like to do something another time.

I can make other plans for my birthday.

I feel better now – maybe a 3 out of 10.



What can I do next?
Who can help me?
What worked before?
What skills do I need to learn?



If a "What if...?" thought pops up, ask yourself whether there is something useful you can do. If there is, make a plan. If there isn't, remind yourself: "I'll deal with it if it happens – not before."