

My Feelings Discovery & Action Plan



What happened?



How big are my feelings? (0-10)
What am I feeling?



Where do I feel it in my body?



What thoughts popped up?



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



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



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



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

How strong are my feelings?
What feeling words fit?

Tummy? Chest?
Head? Hands?
Shoulders?

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

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

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

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

And if a "What if... (something bad)" thought pops into your mind, then make a plan for that as well – or remember, you'll deal with it if it ever happens, not before!

