

WHAT AM I FEELING?

Writing Exercise for Emotional Processing

Pick a time when you won't be distracted in the morning or late evening.
Get in a quiet space, or maybe turn on some soothing music.
Close your eyes, slow your thoughts, and become present with yourself.
Take 5 deep breaths.

1. Recall a memory in your life that you want to process. Take a moment to think through the details of that memory from beginning to end. Now write down what happened in the memory as if you are simply sharing the actions that took place:

2. Take a moment to reread what you wrote. Notice if there is any part of what you wrote that provokes a tension within your body, your mind, or your heart. Write down what the sensation feels like and where you feel it in your body:

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3. Focus on the tension or sensation you feel, and start to acknowledge it. If this feels uncomfortable, take a deep breath and lean into it. You may even start to feel a bit of self-compassion the more you lean in and accept what you are feeling. Now identify the emotions you feel. Circle all that apply:

Surprised Happy Sad
Bad Disgusted Angry Fearful

4. Was the feeling positive or negative for you? Share:

5. If the feeling was negative, what did you need in that moment to have a more positive emotion?
If the feeling was positive, what made it a positive experience for you?

6. What did you learn about yourself in this writing process?
