

# Focus on Feelings

- Persistent
- Passing
- Recurring
- Finished

How do I feel \_\_\_\_\_?

This is the question that frames your response

The *feelings* that I feel are \_\_\_\_\_

*Name the feeling words. Circle the main feeling word.*

Specifically, the *physical sensations* that I feel when I feel these feelings are

Describe these sensations in various parts of your body. Or describe your *physical posture* when you feel these feelings.

On a scale of 1 to 10 the *intensity* of these feelings are about a \_\_\_\_\_

When I feel these feelings I would describe the *images* that I have as like

If I could give a *color* to these feelings it would be \_\_\_\_\_

When I feel these feelings my inner conversation goes something like \_\_\_\_\_

The *behaviors* that I tend to act out when I feel these feelings are \_\_\_\_\_

The *words* that want to come out of my mouth when I feel these feelings are \_\_\_\_\_

A *previous time* when I have felt similar feelings was the time when \_\_\_\_\_

Could be a time that goes back to childhood or anytime in-between. Could be a time in your relationship *together*.

My biggest *fears* in sharing my feelings with the people I am closest to are