

Introduction to Focus on Feelings (1)



This exercise is to assist you in focusing on and describing your *feelings*. Writing down and sharing feelings is a key part of the journal process and is a means by which you come to know and understand your inner world. Try the following introductory exercises before moving on to the main part of the journal work.

We experience many different kinds of **happy** feelings. Think of a time or occasion when you felt **happy** and then describe the kind of **happy** you felt.

I felt **happy** when _____?

My **happy** feeling was like

Specifically, the *physical sensations* that I felt when I felt those feelings were

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 those feelings were about a _____

When I recall those feelings the *images* that best describe those feelings are like

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

When I felt those feelings my *inner conversation* went something like _____

The *behaviors* that I tended to act out when I felt those feelings were _____

The *words* that wanted to come out of my mouth when I felt those feelings were

Another *time* when I felt similar feelings was the time when _____

Could be a time that goes back to childhood or anytime in-between.

My biggest *fears* in sharing my feelings are

Introduction to Focus on Feelings (2)

This exercise is to assist you in focusing on and describing your *feelings*. Writing down and sharing feelings is a key part of the journal process and is a means by which you come to know and understand your inner world. Try the following introductory exercises before moving on to the main part of the journal work.

We experience many different kinds of *sad* feelings. Think of a time or occasion when you felt *sad* and then describe the kind of *sad* you felt.

I felt *sad* when _____?

My *sad* feeling was like

Specifically, the *physical sensations* that I felt when I felt those feelings were

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 those feelings were about a _____

When I recall those feelings the *images* that best describe those feelings are like

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

When I felt those feelings my *inner conversation* went something like _____

The *behaviors* that I tended to act out when I felt those feelings were _____

The *words* that wanted to come out of my mouth when I felt those feelings were

Another *time* when I felt similar feelings was the time when _____

Could be a time that goes back to childhood or anytime in-between.

My biggest *fears* in sharing my feelings are

Introduction to Focus on Feelings (3)

This exercise is to assist you in focusing on and describing your *feelings*. Writing down and sharing feelings is a key part of the journal process and is a means by which you come to know and understand your inner world. Try the following introductory exercises before moving on to the main part of the journal work.

We experience many different kinds of **angry** feelings. Think of a time or occasion when you felt **angry** and then describe the kind of **angry** you felt.

I felt **angry** when _____?

My **angry** feeling was like

Specifically, the *physical sensations* that I felt when I felt those feelings were

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 those feelings were about a _____

When I recall those feelings the *images* that best describe those feelings are like

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

When I felt those feelings my *inner conversation* went something like _____

The *behaviors* that I tended to act out when I felt those feelings were _____

The *words* that wanted to come out of my mouth when I felt those feelings were

Another *time* when I felt similar feelings was the time when _____

Could be a time that goes back to childhood or anytime in-between.

My biggest *fears* in sharing my feelings are

Introduction to Focus on Feelings (4)

This exercise is to assist you in focusing on and describing your *feelings*. Writing down and sharing feelings is a key part of the journal process and is a means by which you come to know and understand your inner world. Try the following introductory exercises before moving on to the main part of the journal work.

We experience many different kinds of **present** feelings. See if you can connect with what you are feeling **right now** as you are doing this exercise.

Right now I feel _____?

My **right now** feeling is like

Specifically, the *physical sensations* that I feel **right now** as 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 _____

The *image* that best describes these feelings is 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 want 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

Another *time* when I felt similar feelings was the time when _____

Could be a time that goes back to childhood or anytime in-between.

My biggest *fears* in sharing my feelings are
