

A gentle way to notice what you feel and what you need

• Pause and Notice

☐ Anxious	☐ Angry	☐ Sad
☐ Embarrassed	☐ Lonely	☐ Frustrated
☐ Overwhelmed	☐ Disappointed	☐ Guilty
☐ Numb	☐ Excited	☐ Hopeful
☐ Relieved	☐ Confused	☐ Tired
☐ Something else		

1 2 3 4 5 6 7 8 9 10 gentle intense

• Notice the Body

Emotions often show up in the body before we have words for them.

- | | |
|--|---|
| ☐ Tight chest | ☐ Fast heartbeat |
| ☐ Heavy shoulders | ☐ Tense jaw |
| ☐ Upset stomach | ☐ Restlessness |
| ☐ Tears | ☐ Warm face |
| ☐ Low energy | ☐ Shallow breathing |
| ☐ Headache | ☐ Feeling disconnected |
| ☐ Other | |

Where do I notice the feeling most

• Look Underneath the Feeling

What may have contributed to this

What matters to me in this situation

• What I May Need

- | | | |
|--------------------------------------|--|---|
| ☐ Rest | ☐ Space | ☐ Comfort |
| ☐ Movement | ☐ Information | ☐ A clear boundary |
| ☐ To be heard | ☐ Help solving a problem | ☐ Connection |
| ☐ Time | ☐ Reassurance from myself | ☐ Other |

- **Choose Support for This Moment**

- | | |
|---|---|
| ☐ Take five slow breaths | ☐ Drink water or eat something |
| ☐ Step outside | ☐ Move my body |
| ☐ Use a grounding exercise | ☐ Write without editing |
| ☐ Talk with someone safe | ☐ Reduce stimulation |
| ☐ Ask for help | ☐ Give myself time before responding |

The support I will try first

The person I can contact if I need more support

How strong is the feeling now

1 2 3 4 5 6 7 8 9 10 gentle intense

What do I want to remember about this moment

• A Gentle Reminder

Feelings are information, not instructions and not character flaws. You can listen to what an emotion is communicating without letting it make every decision for you.

This resource is for education and personal reflection. It does not provide diagnosis, treatment, medical advice, or crisis care. If you are in immediate danger, call 911 or go to the nearest emergency department. You may also call or text 988 for crisis support.

Created by Raven Thomas, MA, LPCC-S | Color Outside the Lines Counseling

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