

Name: _____

Date: _____

FEEL Exercise

CONTEXT. Describe the situation in which you felt the feeling, emotion, or urge:	
FEELINGS. What feeling arose? What other feelings were mixed in with this?	
THOUGHTS. What thoughts were you having? What was your mind saying to you?	
BODY RXNS. What sensations did you have in your body?	
BEHAVIORS #1. What did you feel pushed or pulled to do?	BEHAVIORS #2. What did you ACTUALLY do?

	What you had	What to do in response
Thoughts	Distracted, racy, worrying, ruminating, analyzing. Saying “I can’t have this,” “I can’t deal with this,” talking yourself into doing something else.	Notice your thoughts AS thoughts. Thank your mind (perhaps sarcastically!) for doing what it does so well. Bring your attention back to the feeling.
Bodily Sensations	Tension, tightness, changes in breathing, stomach.	Take a deep breath. Locate the tension. Lean into it.
Feelings	Notice shifting hurt or fear into anger or an impulse to fix.	Find the original feeling, have it, make room for it, breathe it in.
Behaviors	Doing restless activities, getting absorbed in some mindless activity (TV), distraction. Doing something to make the feelings go away, lessen.	Sit down, take a moment, be still, breathe, bring your mind back into the room and into the present moment, do this exercise.