

# Processing Emotion

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THIS LIST OF QUESTIONS CAN HELP YOU PROCESS WHAT IS GOING ON FOR YOU INTERNALLY. THEY MAY NOT ALL APPLY, BUT IT IS A GOOD SPRINGBOARD TO HELP YOU UNDERSTAND HOW YOU ARE FEELING.

Name the emotion are you feeling.

What is the one word name you'd give it?

Fear? Worry? Restlessness? Impatience? Uncertainty? Anxiety? Sadness?

Where is the sensation centered in your body?

Does it have a color?

What is the texture?

Does it move or remain in one place?

If it's moving, is it fast or slow?

Does it remain steady or pulsate?

Does it make you hungry or lose your appetite?

Does it fill you with adrenalin or make you sleepy?

Is it warm or cold?

Is it a liquid, solid or gas?

What happens when you breathe deeply?

When you relax into the feeling, how does it change?

You can tell yourself, "This is \_\_\_\_\_(sadness, loneliness, anger, etc.)

It doesn't feel good. It's not comfortable, but it also won't hurt you.

Learning to process and feel an emotion gives you greater strength to navigate your own emotional well being.

You can do this!