

Expressing Feelings Worksheet

This exercise helps you process and express your emotions instead of holding them in. Be honest and curious — there is no right way to do this.

1. What am I feeling right now?

Name the emotion(s) as specifically as you can.

2. What is underneath this feeling?

What thoughts or fears might be driving this?

3. Where do I feel this in my body?

Notice physical sensations (tightness, heaviness, etc.).

4. Express it

Write freely. Let it out without editing.

5. What do I need right now?

What would help you in this moment?
