When feelings *don't have names.*

Alexithymia (a-lex-ih-THY-mee-uh) means difficulty identifying and describing your own emotions.

- Common in autistic people, though not everyone
- Your feelings are still there
- The signal gets lost in translation

THE SIGNAL PATH

From body to words to what you need



STEP 1
Body sensation
Tight chest, hot face, heavy limbs

STEP 2
Notice it
"Something is happening in me"

STEP 3
Name it
"I think this is worry"

THEN
Your need
"I need a break and a check-in"

- - - × **Where the signal can drop out:** it may go unnoticed, or be noticed but not find a word.

IT CAN LOOK LIKE

1
"I'm fine."
And meaning it, until later.

2
"I feel bad."
But not sure which bad.

3
Body first.
Aches or tiredness show up before a feeling does.

4
Out of nowhere.
Big reactions after signals built up unnoticed.

WAYS TO BUILD THE BRIDGE

Body check-ins
Scan head to toe: tight, warm, buzzy, heavy?

Feelings wheel
Point to a word instead of searching for one.

Rating scales
"How big, 1 to 5?" can be easier than "What?"

Notice patterns later
Looking back counts: "That call drained me."

Art, music, movement
Let color, sound or motion say it for you.

→ Try SOLA's **Feelings Finder** worksheet.

Continued on back: go deeper →

Find the *words.*

Take these slowly: on your own, in a session, or with someone you trust. There are no wrong answers, and "I don't know yet" counts.

1 *Where in my body do I tend to notice things first: stomach, chest, head, hands?*

2 *When I say "I'm fine," what might be underneath that I haven't found words for yet?*

3 *Think of a time a big reaction seemed to come from nowhere. Looking back, what had built up?*

4 *Which is easier for me: naming a feeling, rating its size, or showing it through art or movement?*

5 *How could the people around me help when I can't yet say what I'm feeling?*

TRY THIS WEEK Do a 30-second body check-in once a day. Jot one word or a number from 1 to 5.