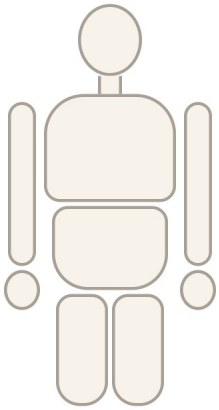
Finding the *feeling.*

Feelings can be hard to name, and that's common for neurodivergent people. Start with what your body is telling you, then find a word that fits. Close enough is good enough.

1 Where is it?

Mark where you notice something



MARKS TO USE

- ● **Dot** tight, tense
- 〰 **Wave** buzzy, restless
- ○ **Circle** heavy
- ✕ **X** numb, can't feel much

Your own marks work too. Noticing nothing is information as well.

2 What does it feel like?

Circle any sensation words that fit

tight	heavy	hot
buzzy	shaky	hollow
fizzy	sinking	light
warm	frozen	racing

My own words for it

_____

_____

3 Feelings word bank

Circle the closest words. More than one can fit, and so can none yet.

CALM / CONTENT
peaceful settled safe relaxed grateful

HAPPY / EXCITED
joyful proud hopeful playful eager

SAD / LOW
lonely disappointed gloomy hurt empty

SCARED / ANXIOUS
nervous worried uneasy panicky unsure

ANGRY / FRUSTRATED
irritated annoyed resentful fed up furious

OVERWHELMED / SHUT DOWN
flooded numb frozen done far away

4 Put it together

When you're ready, your word can slot into an I-statement: "I feel ___."

In my body I notice…

_____

I think the feeling might be…

_____

What might help right now…

_____

REFLECT *When I name it, does it feel any smaller?*

_____