



## Understanding My Feelings — Quick Reflection Worksheet

### 1. What am I feeling right now?

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### 2. When does this feeling usually appear?

*(Examples: certain situations, people, times of day.)*

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### 3. What might be influencing it?

Tick any that resonate:

- Stress / overwhelm       Tiredness / sleep changes  
 Hormones / physical factors       Relationship tension  
 Old patterns / memories       Feeling unheard  
 Other: \_\_\_\_\_

### 4. Where do I feel it in my body?

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### 5. What does this feeling need? *(Comfort, rest, reassurance, boundaries, space...)*

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### 6. What helps me feel steadier?

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### 7. One small action I can take today:

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**Gentle reminder::** *I don't need the full "why" to begin healing. I can start with awareness and kindness towards myself.*

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