

PRINTABLE WORKSHEET

What am I actually feeling?

Start with what's easiest to notice — what happened and what your body is doing — then get more specific than the first word that comes up.

1. What happened?

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|--|---|
| ☐ My partner criticized or complained about me | ☐ My partner went quiet, cold or distant |
| ☐ I was left out, overlooked or not asked | ☐ I made a mistake or fell short |
| ☐ Something I wanted or worked for fell through | ☐ Someone crossed a line or treated me unfairly |
| ☐ A loss, an ending, or a big change | ☐ A hard conversation or a big unknown is coming |
| ☐ Too much on my plate, at work or at home | |

2. What is my body doing?

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|--|--|---|
| ☐ Tight jaw or fists | ☐ Heat in my face or chest | ☐ Racing heart |
| ☐ Knot in my stomach | ☐ Heavy, slowed down | ☐ Lump in my throat or tight chest |
| ☐ Restless, can't sit still | ☐ Blank or numb | ☐ Drained, exhausted |
| ☐ Urge to leave or hide | ☐ Urge to fix or take control | ☐ Urge to hit back or argue |

3. What would I usually say?

- | | | |
|--------------------------------|------------------------------------|--|
| ☐ Angry | ☐ Irritated | ☐ Stressed |
| ☐ Fine | ☐ Tired | ☐ Nothing, really |

4. Which of these is underneath?

Hurt: hurt, dismissed, unappreciated, let down, taken for granted
Fear: anxious, worried, uneasy, insecure, out of my depth
Shame: embarrassed, inadequate, exposed, not good enough, like a failure
Sadness: sad, disappointed, discouraged, grieving, deflated
Loneliness: lonely, left out, disconnected, invisible, on my own with this
Overwhelm: overwhelmed, stretched thin, swamped, cornered, maxed out
Guilt: guilty, regretful, sorry, responsible
Anger: angry, resentful, frustrated, indignant, fed up

5. Say it

"When _____, I noticed I got _____. Underneath, I think I felt _____. What would help me is _____."

Interactive version, with your results calculated for you: victoriarelationshiptherapy.ca/tools-what-am-i-feeling.html