

# SITTING WITH EMOTIONS

## A Gentle Self-Guided Worksheet



**Instructions:** This worksheet is a soft place to land when your feelings feel big, overwhelming, or unclear. It's designed to help you slow down and *be with* your emotions, not fix them or push them away. You can use this whenever you're feeling something you can't quite name or when you're moving through a tough moment and want to respond with compassion.

1. **Find a quiet space** where you won't be interrupted. Light a candle, grab a cup of tea, or do anything that makes you feel cozy and grounded.
2. **Take a few deep breaths** before you begin. Let your shoulders drop. Let yourself *arrive* here.
3. **Work through each section gently.** There's no need to rush or get the "right" answers. Let this be a conversation with your inner world.
4. **Be honest, even if it's messy.** This isn't about perfection. It's about presence.
5. **Choose a soft closing.** When you finish, do something kind for yourself—even if it's just placing your hand over your heart and whispering, "I'm proud of you."

You can print it, write on it digitally, or even just use the prompts in your journal or phone notes.

## Step 1: Name it to Tame It

### What are you feeling right now?

(Check all that apply or add your own)

- Sadness
- Anger
- Joy
- Shame
- Anxiety
- Grief
- Confusion
- Peace
- Loneliness
- Hope
- Other: \_\_\_\_\_

## Step 2: Let the Feeling Speak

Imagine your emotion is a person.

### What would it say if it had a voice?

*"I'm here because..."*

*"I need you to know..."*

 Write it out:

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## Step 3: Body Check-In

### Where is this emotion living in your body?

Circle any that apply or draw your own body map:

- Head
- Chest
- Stomach
- Throat
- Shoulders
- Jaw

- Hands
- Other: \_\_\_\_\_

### **What does it feel like?**

(e.g., tight, heavy, fluttery, warm, numb)

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### **Step 4: Permission to Stay**

Can you allow this emotion to exist for a little while —without fixing or judging it?

- Yes, I can let it be.
- I'm trying, and that's okay.
- Not right now, and I'm giving myself grace.

Write one sentence of compassion to yourself:

\_"It's okay to feel \_\_, and I am safe right now."

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### **Step 5: Gentle Closing**

**What does your heart need in this moment?**

- Rest
- Movement
- Water
- Comforting music
- A hug (even from yourself)
- Talking to someone
- Silence
- Journaling
- Something else: \_\_\_\_\_

**Set a 5-minute timer to do one of these. You deserve care.**

*Remember, emotions are visitors. You don't have to rush them out the door, just listen long enough to know what they came to tell you.*

— With love, Shay



@shifthappenswithshay