Focus on Feelings

How do I feel ___________?  
This is the question that frames your response

The feelings that I feel are _______________________________________________  
Name the feeling words. Circle the main feeling word.

Specifically, the physical sensations that I feel when I feel these feelings are  
Describe these sensations in various parts of your body. Or describe your physical posture when you feel these feelings.

On a scale of 1 to 10 the intensity of these feelings are about a __________________

When I feel these feelings I would describe the images that I have as like ______________  

If I could give a color to these feelings it would be __________________

When I feel these feelings my inner conversation goes something like ________________  

The behaviors that I tend to act out when I feel these feelings are ________________

The words that want to come out of my mouth when I feel these feelings are __________

A previous time when I have felt similar feelings was the time when ______________

Could be a time that goes back to childhood or anytime in-between. Could be a time in your relationship together.

My biggest fears in sharing my feelings with the people I am closest to are ___________________________