



SITTING WITH FEELINGS

In therapy, we are often told to “sit with,” “make space for,” “give attention to,” or “reflect on” feelings. These are questions to help prompt this process. These questions are meant to be done with tender, gentle curiosity. Go with the ones that feel easy to answer, and as you get more comfortable, try out the ones that seem a little harder! You can write down your answers, create art with your answers, record them on voice memo, or just think about them!

- What feelings are present? (Feel free to use a feelings wheel or feelings list to help with emotional vocabulary)
- How does this feeling feel in your body?
- What other feelings show up in response to giving this feeling attention?
- If this feeling had a shape, what would it be? What size would it be? What color would it be?
- What kind of sound would this feeling make?
- What would this feeling smell like?
- What would this feeling taste like?
- What character might you associate this feeling with?
- What does your body want to do (or automatically do) when you give this feeling attention?
- If this feeling had a body, what would it look like?
- What does it feel like this feeling is telling you?
- If this feeling were on your team, how would what it is doing make sense in trying to help you?
- How would your guardians respond to this feeling in you growing up? How do they respond now?
- What song resonates with this feeling? What line or melody from that song speaks the most to this feeling?
- If a child were having this feeling, how would you respond to them?
- If a good friend knew you were having this feeling, what would they do/say?
- How would each healing team member respond to this feeling?
- What does your therapist say about this feeling?
- Do you know anyone who handles this feeling well in your opinion? How do they handle it?
- What does nurturing this feeling look like?
- What does protecting this feeling look like?