



Guided Worksheet for Moving Toward™ Difficult Feelings and Urges

o NOTICE

- o What feeling or urge am I noticing?
- o Where is it in my body?
 - Racing heart
 - Flushing face?
 - Tight throat?
 - Tears in eyes?
 - Constriction in the chest?
 - Pit in stomach?
 - Tension in shoulders?
 - Shoulders closing/arms crossing?
 - Other:
- o Let your awareness be with it gently for several moments.
 - Honor any negative thoughts or feelings you have about it. They are valid in some regard.
 - Continue to do this until you can authentically bring compassion or curiosity to the emotion or urge you are focusing on.

o KNOW

- o What does this feeling or urge want me to know?
 - What caused it to show up just now?
 - Is it a familiar feeling or urge and if so, when did it first start showing up in my life?
 - What about that time in my life might be similar to what's happening right now?

o NEED

- o What does this feeling or urge need from me to feel less activated?
 - To be welcomed and its perspective heard and validated?
 - A metaphorical hug?
 - For me to take a specific action?
 - Using my voice
 - Setting a boundary
 - Reducing stress
 - Asking for help
 - Other:

**If this activation is deep or longstanding, please contact a therapist for support:*
<https://ifs-institute.com/practitioners>