

Journaling: 30 Days Through Grief & Healing

SUPPLEMENTARY MATERIAL

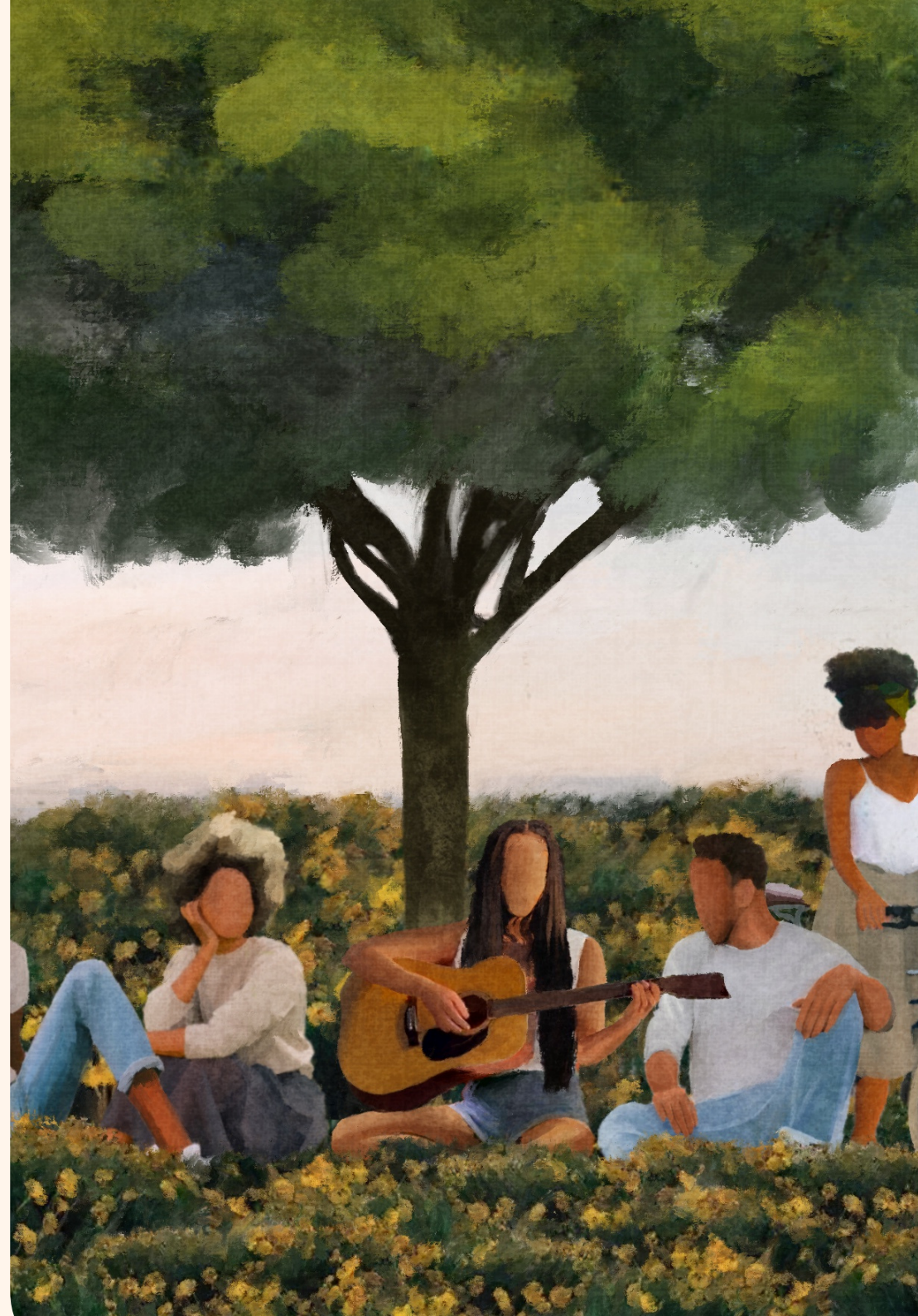
RESOURCE 1



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WHAT ARE FEELINGS?

If it's calling your attention, it wants your attention

...data.

...internal **guides**.

...our body's **wisdom**.

...signals of **pleasure** and **pain**.

...expressions of our **inner child**.

...responses to recalled **memories**.

...indicators of (perceived) **safety and danger**.

...an innate mode of **connecting** and **relating** to others.

HOW TO NAME SENSATIONS

Some evocative words to name sensations...

Stillness	Pulsing	Rigid	Hollow
Burning	Sharp	Warmth	Poking
Loose	Stretching	Lightness	Tightness
Expanding	Contracting	Heaviness	Bubbly
Pinching	Numbness	Prickly	Coolness

Think in terms of texture, size, weight, temperature, pace and movement.

HOW TO NAME EMOTIONS

Some emotions that energise and nourish us...

Happy

Amused

Care-free

Cheerful

Excited

Exhilarated

Giddy

Grateful

Joyful

Loved

Merry

Optimistic

Relaxed

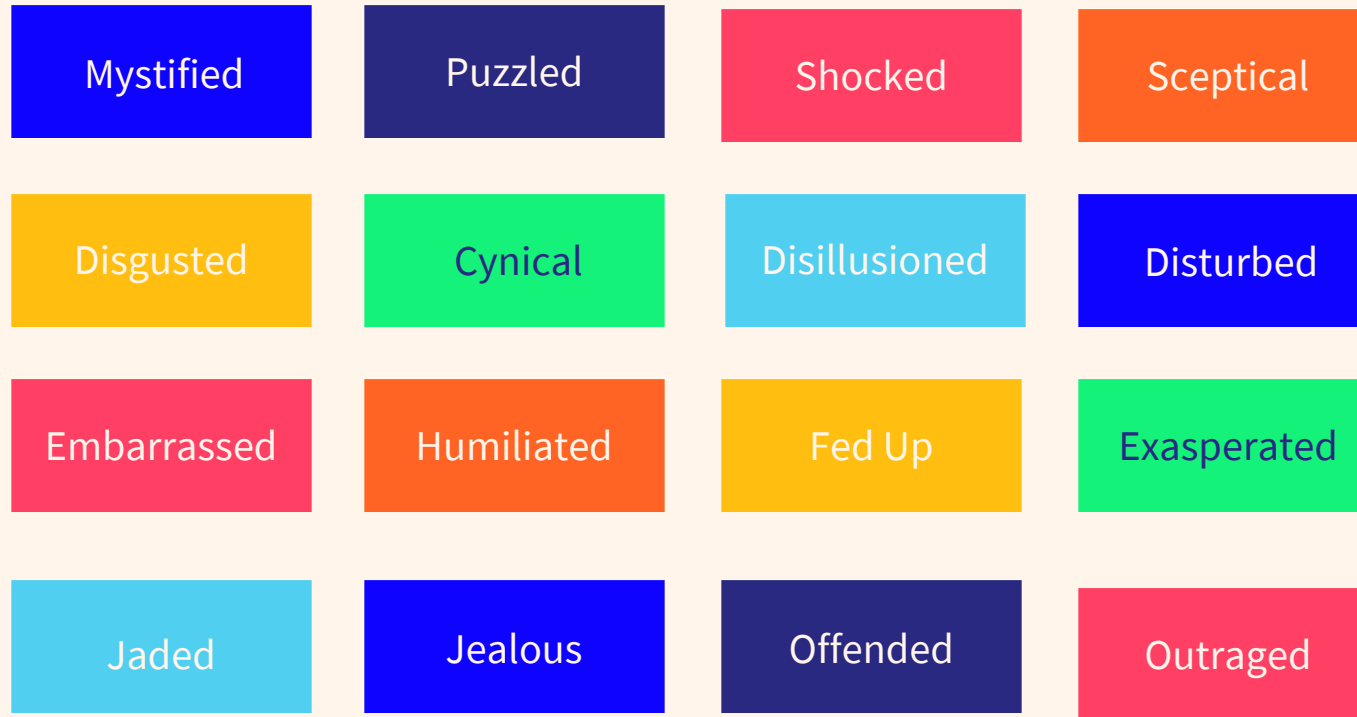
Satisfied

Thrilled

Tranquille

HOW TO NAME EMOTIONS

Some emotions that have the potential to drain and deplete us...



The Gloria Wilcox feelings wheel is a useful tool to help you describe your feelings and emotions. You can view a printable PDF version of it [here](#).

HOW TO SIT WITH DIFFICULT EMOTIONS

If it's calling you attention, it wants your attention

What am I sensing within me?	-----	Name it
How am I feeling towards it?	-----	Experience it
What does this emotion want me to know?	-----	Acknowledge it
How can I meet it compassionately?	-----	Validate it
What part of me is it trying to protect?	-----	Understand it
What is the emotion like now?	-----	Observe it
How do I feel towards the emotion now?	-----	Release it/ Let it know you'll be back