

# Noticing What You Feel

*A short daily practice. The goal isn't to fix anything — just to notice.*

## Why do it

Emotions are signals. Skipping past them isn't rational — it's missing information. You're not trying to feel differently. You're trying to see what's there.

## The check-in (1–2 times a day, 60 seconds)

Pause and ask:

1. **What's happening in my body?** Tightness, heaviness, restlessness, warmth, a clenched jaw, a held breath.
2. **If I had to name a feeling, what would it be?** Go past “fine” or “stressed.” Pick something more specific.
3. **What was going on just before?** Or what am I about to do?

Then say it to yourself, out loud or on paper:

“I felt \_\_\_\_\_ when \_\_\_\_\_ happened.”

That's it. No solving. No explaining it away.

## A bigger vocabulary helps

- Instead of *angry*: frustrated, irritated, resentful, impatient, defensive
- Instead of *sad*: disappointed, hurt, lonely, discouraged, let down
- Instead of *anxious*: uneasy, dread, overwhelmed, exposed, on edge
- Easy to miss: ashamed, envious, guilty, tender, relieved, grateful, proud

## Watch for these

- **Analyzing instead of feeling.** “I'm experiencing what's probably frustration” is thinking about a feeling. “I felt frustrated when she interrupted me” is naming one.
- **Judging the feeling before naming it.** Feelings don't need a reason to exist.
- **Jumping to fix it.** Sit with the data first. Solutions can come later.
- **Expecting it to come quickly.** This is a skill. One extra noticing a week is real progress.