AIZE INNERWORK · ANCIENT WISDOM. MODERN MESS.

Feelings Are Friends *for grown-ups*

Sheet 1 of 5 · Name it to tame it

Feelings are messengers, not enemies. When we can name what we feel, it often loses some of its grip. This set of five sheets helps you notice, name and befriend your feelings, a few minutes at a time.

How to use these sheets

Do one sheet a day, or come back to any sheet whenever you need it. There are no wrong answers. Small and honest beats long and perfect.

Right now, I feel...

Circle up to three words that fit. If none fit, write your own.

Joy

content · grateful · playful · proud · hopeful · relieved

Sadness

lonely · disappointed · grieving · tender · numb · homesick

Fear

anxious · overwhelmed · unsure · uneasy · panicky · exposed

Anger

frustrated · resentful · irritated · betrayed · protective · fed up

Shame & guilt

embarrassed · not enough · regretful · small · judged · exposed

Calm & love

safe · connected · peaceful · loved · grounded · open

How strong is it?

0	1	2	3	4	5	6	7	8	9	10

In my own words

The feeling I notice most is _____ and it showed up when _____

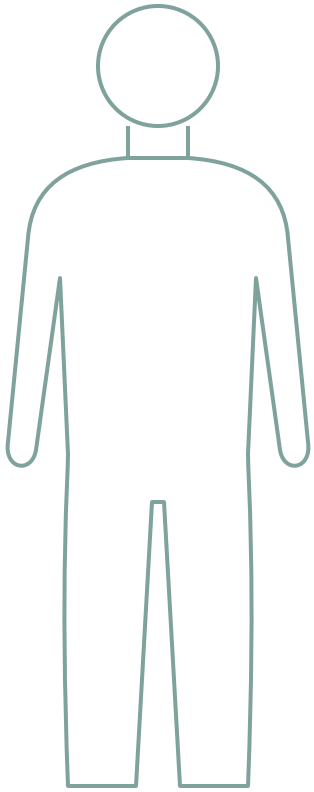
Gentle reminder: two feelings can be true at once. You can be grateful and exhausted, relieved and sad.

For general wellness and self-reflection, not a substitute for therapy or medical care.

Where does it live *in my body?*

Sheet 2 of 5 · Body map

Feelings don't only live in our thoughts. Close your eyes for a moment, take three slow breaths, and notice where this feeling sits in your body. Then colour or mark it on the outline.



My colour key

- ☐ Tight or tense
- ☐ Heavy
- ☐ Warm or hot
- ☐ Buzzing or restless
- ☐ Numb or empty
- ☐ Open or soft

Fill each box with a colour you choose, then use those colours on the body.

Notice

If this feeling had a shape, it would be _____

If it had a colour, it would be _____

If it had a sound, it would be _____

When I breathe into that spot, it _____

Try this: place a hand on the place you marked. Breathe in for 4, out for 6, three times. You're not trying to make the feeling go away. You're letting it know you're here.

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What is this feeling *asking for?*

Sheet 3 of 5 · Feelings as messengers

Every feeling carries a message. Anger often guards a boundary. Sadness asks us to slow down and honour a loss. Fear wants to keep us safe. When we hear the message, we can respond with care instead of fighting the feeling.

Some common messages

Feeling	It might be protecting…	It might need…
Anger	a boundary, your values, fairness	to say no, to be heard, space
Sadness	something or someone that mattered	comfort, time, permission to grieve
Fear	your safety, your future, your heart	reassurance, information, a plan
Guilt	a relationship or a value you care about	repair, an apology, self-forgiveness
Loneliness	your need to belong	connection, to be seen
Envy	a wish you haven't let yourself want	to name the wish, one small step toward it

Now yours

My feeling	What it might be protecting	What it might need	One small, kind thing I can do
Resentful	*My time and energy*	*A boundary with my sister*	*Say "I can help Saturday, not Sunday"*

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A letter *from my feeling*

Sheet 4 of 5 · Let it speak, then answer

Choose a feeling that keeps visiting you. Let it write to you first, in its own voice. Then write back, the way a wise, kind friend would.

Dear me,

I am your _____ (name the feeling).

I showed up when…

I was trying to protect you from…

What I really need from you is…

Love, your _____

Dear _____ (the feeling),

Thank you for trying to…

Here is what I can offer you now…

Next time you visit, I will…

If writing this brings up something heavy, pause, breathe, and come back another day. You set the pace.

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My week *with my feelings*

Sheet 5 of 5 · A gentle weekly check-in

Take one minute each morning and evening. Write one word for how you feel, rate it 0 to 10, and note one kind thing you did for yourself.

Day	Morning feeling (0–10)	Evening feeling (0–10)	One kind thing I did for myself
Example	*Anxious (7)*	*Tired but calm (4)*	*Ate lunch away from my desk*
Mon			
Tue			
Wed			
Thu			
Fri			
Sat			
Sun			

End-of-week reflection

The feeling that visited most often was _____

A feeling I welcomed a little more this week _____

Something my feelings taught me _____

Next week I'd like to _____

Be gentle with yourself. Noticing is the practice.

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