



Managing BIG Feelings: Understanding and Coping

Sometimes, it can be hard to understand what you're feeling. You might know that you don't like how you feel but struggle to put it into words. You're not alone. Avoiding difficult feelings can often make them grow stronger. This worksheet is here to help you process your feelings in a healthy way. Use these steps to get started:

1. Acknowledge the Feeling

It's easy to wonder if you should feel a certain way—but feelings don't follow rules. What matters most is that this is how you're feeling right now. That makes it real, and that makes it valid.

2. Identify the Feeling

Use your **BIG Feelings Wheel** to find the right word to describe how you're feeling.

3. Recognize What You're Feeling in Your Body

Use the **Feelings in the Body** worksheet to notice how your body responds to this feeling.

4. Understand What is Triggering You

Use the **Understanding Your Triggers** worksheet to figure out what might have caused this feeling.

5. Let Yourself Feel the Feeling

Once you understand what you're feeling, where you feel it in your body, and what triggered it, give yourself permission to just sit with the feeling. Don't try to change or deny it—just notice it. Be curious.

6. Employ Your Coping Tools

Turn to your **Coping Toolbox** to manage this feeling in a healthy way.

7. Practice

Keep practicing these steps when your feelings are overwhelming. You can learn to manage your feelings so they don't manage you.

Reflection:

What was the most surprising part of this process for you?

What was it like sitting with your feelings?

Your feelings are valid. Keep practicing your skills and over time, you'll learn to navigate your BIG feelings with confidence.