



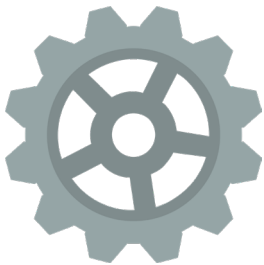
Processing Feelings

Worksheet: Processing feelings involves recognizing, understanding and working through emotions to gain clarity, regulate responses and support emotional wellbeing



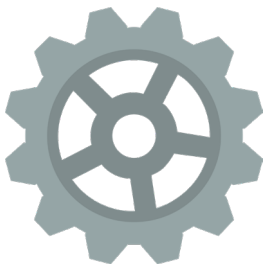
1. ACKNOWLEDGING

The initial step is becoming aware and acknowledging that you're experiencing an emotion or feeling



2. IDENTIFYING AND NAMING

The next step is to recognise the feeling and give it a name. You can use the feelings wheel to assist with this



3. ATTRIBUTING

Next, you can explore what triggered the emotion or feeling and identify its causes



4. ACCEPTING

Pay attention to your body and notice any physical sensations connected to the feeling. Accept the emotion without trying to push it away



5. ACTING

Take a few deep breaths, then decide how you will respond. Choose how to manage or cope with the feeling