



Feel & Deal to Heal Worksheet

FEEL

1. Recall a situation or upsetting circumstance that had you feeling overwhelmed or uncomfortable in some way

2. Write about that:

3. When I think about this, part of me feels _____ for example: overwhelmed, panicked, not capable, underqualified, put upon, overworked

4. Where can you locate that feeling in your body? _____ For example: I feel that as a knot in my stomach or as weight on my shoulders, a lump in my throat, pain in my heart etc.

5. Observe and note how that feeling is residing in your body.

For example: it hangs like a wet rag, it clouds over every other thought. Can't speak, taking my breath away

6. Now personify that part: ie. Using overwhelm as the feeling

a. How would you describe the characteristics or qualities of that part _____ for example: the part of me that feels overwhelmed is old, dark, hunched over, wearing old clothing, etc.

b. What name would you give it? _____ ie
nervous nelly, exhausted evelyn, anxious annie

7. Using your breath, breathe into that part of
your body. See the breath entering and expanding
in that part of your body. What do you notice about
the feeling?_____



DEAL

What we resist persists so take a moment to think about the part of you that is suffering and how the truth of who you are, a Loving, Conscious, Compassionate being, would respond if it were your child or closest friend/family member?

Compassion is the way to reintegrate the parts of you into the whole. Having compassion for the part of you that is feeling _____ (ie. overwhelmed) will open up a way of relating that feels completely different than judgment about how it feels.

1. If that part (ie: part that feels overwhelmed) had a voice what would it say?

2. Ask it (part that feels overwhelmed), what purpose does it serve in your life?

3. Ask it (part that feels overwhelmed) what it wants to bring to your attention?

5. Ask the following questions from the voice of compassion.

Answer the questions from the voice of the part (that feels overwhelmed)

5a. Compassion asks: What are you feeling?

Part answers: ie I'm feeling _____ ie. overwhelmed

Compassion responds: I hear you're feeling _____overwhelmed

5b. Compassion asks: What do you need?

Part answers: ie. to feel supported

Compassion responds: I hear you need to feel supported

5c. Compassion asks: How can I support you in creating what you need for yourself?

Part responds: ie: You can give me a word of encouragement (in courage meant for me) every time I do something to move forward on this project.

Compassion agrees

6. What else does this part need from Compassionate Consciousness in order to shift out of overwhelm?

7. Write at least one other compassionate statement that your consciousness can say to this part?
