



Here are some practices to help you get in the habit of identifying your feelings.

- Check in with your feelings regularly. Set a reminder in your phone and when it goes off, ask yourself what you are feeling. How you are feeling can change moment by moment (Emotion contains the word “motion.” Each feeling is not meant to last forever.). Check in regularly with yourself so you get in the habit of recognizing different feelings.
- Start a daily feelings check-in with your partner or your family. This is also a great practice for kids. Take some time in the morning or evening (or both) to check in about your feelings. You can create a feelings board where you write about your feelings, buy or print a feelings chart with different emotions and use a magnet to mark what you are feeling, or share them verbally. Get in the habit of naming your feelings and communicating about them.
- If you aren't sure how you feel about a situation (or a person) try tracking your mood over time. At the end of a couple weeks, notice if there are any themes. If you feel uncertain about your job but then notice that every day you feel dread when work is about to start and then relief when your work day is over, that will give you some good information.
- If you still have a hard time naming feelings, try checking in with sensations you feel in your body. Are your palms sweating? Is your heart racing? Do you find yourself wanting to smile? Your bodily sensations can give you clues to what you are feeling and then using that information you can start connecting feelings words to the sensations you experience in your body.