



I Don't Know What I'm Feeling

A tiny guided journal for those moments when something feels off, but you can't quite name it.

■ Start with the surface

1. If I had to choose three words for how I feel, what would they be?
2. Where do I notice this feeling in my body?
3. What happened today that might have contributed to it?

■ Go one layer deeper

1. What thought keeps returning?
2. What am I worried might happen?
3. What do I wish someone understood about me right now?

■ Give yourself what you need

1. What would make the next hour a little easier?
2. Do I need rest, space, connection, movement, reassurance, or something else?
3. What can wait until tomorrow?

■ Finish gently

1. What do I understand about myself now that I didn't understand ten minutes ago?



You don't need to name every feeling.

Sometimes making a little room for it is enough. If writing feels difficult, try answering one question with your voice.