

Making Sense *of Your Emotions*

A Gentle Reflection Journal

A warm space to notice, name and understand what you're feeling — without judging it.

PART ONE

Before You Begin

Emotions are often treated as things to control, hide, or get over quickly. But every emotion, even the uncomfortable ones, carries information. Anger often points to a boundary. Sadness often points to something we've lost or needed. Even numbness is trying to protect us from something.

Most of us were never really taught how to sit with our emotions — only how to manage, minimise, or explain them away. Building a genuine relationship with what you feel takes practice, and a little patience with yourself.

This journal is a space to notice what's present for you, without immediately trying to fix or judge it. The goal isn't to feel better right away — it's to understand yourself a little better.

How to use this journal

- Set aside a quiet moment where you can check in with yourself honestly.
- There's no need to label your feelings "correctly" — approximate words are enough.
- Let your answers be as short or as long as they need to be.
- If a question brings up something tender, be gentle with yourself — you can always pause and return later.

PART TWO

Let's Begin

NOTICING

Before naming what it means, just notice what's actually here.

1 Right now, in one word, what emotion feels most present for you?

2 Where do you feel this emotion in your body?

3 On a scale of 1 to 10, how intense does this feeling feel right now?

4 If this emotion had a colour, shape, or texture, what would it look like?

5 When did this feeling first show up today, and what was happening around it?

UNDERSTANDING

Now get curious about where this feeling comes from, and what it might be asking for.

6 Is this a single emotion, or are there a few layered together — like anger and hurt, or relief and guilt?

7 What need might be underneath this emotion — to be heard, to feel safe, to belong, to rest?

8 Growing up, how were you taught to handle this particular emotion — was it welcomed or discouraged?

9 Is there an emotion you find hardest to sit with? Why do you think that is?

10 How do you usually know when someone else is upset — and how do you usually show it yourself?

RESPONDING WITH CARE

Understanding a feeling is only useful if it leads somewhere kind. This part is about how you meet it.

11 When was the last time you felt genuinely at ease? What made that possible?

12 What is one emotion you've been avoiding lately, and what might happen if you let yourself feel it, even briefly?

13 What would it look like to respond to this feeling with curiosity instead of judgment?

14 What is one way you could care for yourself today, based on what you're feeling?

15 Write a short thank-you note to yourself for feeling — even the hard parts.

PART THREE

A Closing Thought

Thank you for taking the time to check in with yourself. Emotional awareness isn't about having it all figured out — it's about staying curious and present with what's real for you.

Every feeling you named here is valid, simply because you felt it.

STAY CONNECTED

The Gentle Neurons offers gentle, holistic, one-on-one support if you'd like a space to talk any of this through.

Website: www.thegentloneurons.com
