

Feel Your Feelings Evaluation

Look at the lists below and check the items that fit for you. Do you tend to stuff or stick to your emotions? If you check many of the items in either category it will be helpful to focus on skills that help you feeling your feelings.

Stuffing:

- I frequently pretend like everything is okay when it is not.
- I ignore my emotions.
- I smile even when I am sad, hurt, anxious, or angry.
- People are surprised when they find out I am depressed or anxious.
- I focus on other peoples' problems and ignore my own.
- I frequently feel emotionally numb.
- I will hold in my emotions until they are too big to ignore.
- People tell me I am emotionally distant.

Sticking:

- I often replay a crisis or difficult event over and over in my head.
- I focus a lot on my difficult emotions.
- I beat myself up a lot for things that are far in the past.
- I don't let myself see the positives most of the time.
- People tell me I don't easily get over things.
- People tell me I make a bigger deal than I should out of things.
- It is hard for me to let go of difficult emotions.

Feeling:

- I notice my enjoyable and difficult feelings as they are happening.
- I let my feelings come and go.
- I notice both the positives and the negatives.
- I am usually able to tell people how I am feeling.
- I am comfortable with my emotions.
- The people close to me usually know how I am feeling.
- I can feel difficult emotions without holding onto them.



Kinwell

