

Feelings List

Only undertake this self-connective exercise if you feel safe and equal to connecting with challenging feelings and emotions, and have access to any support you might need. If you feel as though you or anyone else might be in danger, please contact your local emergency services, your primary care physician, go to your hospital emergency department, call The National Suicide Prevention Lifeline in the US at 1-800-273-8255, text "help" to 741741, or visit <https://suicidepreventionlifeline.org> which includes services for the deaf and hearing impaired.

Here are the instructions for the Feelings List Exercise:

1. Take a break from other activities and people and find something to write with (scrap of paper, pen/pencil, phone app, computer);
2. Take a good breath.
3. Identify the feelings/emotions you are having and write them down by name, one at a time. Include physical sensations too, particularly if you're feeling challenged to come up with feelings words. The feelings don't have to agree with each other (all be the same sort). Be as honest as you can. Write each one down.
4. When you've finished, take another breath and read the list back to yourself. Breathe again.
5. Ask yourself how you feel about having the feelings. Write those feelings down also.
6. Read the list again while breathing.
7. Do the "Triple A" Exercise. Say to each feeling :
 1. "I am aware of you."
 2. "I acknowledge and accept you as my own."
 3. "I appreciate that you are here to help me."
8. Remember that you don't need to understand HOW the feelings think they're helping. If you find this part a challenge, see if you can just appreciate the intent.
9. Take a few more breaths until you feel calm.
10. Throw away the list

If you do this once or twice a day, it can have an effect like brushing one's teeth, in that you'll notice better overall emotional health, the way brushing your teeth regularly creates better overall oral health. Just welcome all feelings, even unpleasant/unwelcome ones. Try not to judge them.

You can also do this if you feel stressed out by something, just make sure to take a break and do it on your own.