



Helping Dost

Your Space To Talk, Heal & Grow

My Feelings, My Space



A little journal to understand what I feel,
one moment at a time.

Every day brings different feelings. Some are easy to understand, while others are difficult to put into words. This journal is a space for you to pause, notice what is happening inside you and explore your feelings without judging yourself.



You do not have to answer every question.
You can write, draw, reflect or simply take a moment for yourself.



Before I begin, I want to check in with myself...



Right now, I feel...



One word that describes my day is...



Something I would like to understand about myself is...

Pause

Reflect

There is no right or wrong way to feel.
You can begin whenever you are.



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My Wheel of Emotions

Start with the feeling that seems closest.
Move outward to find a word that fits you.



How to use my emotion wheel

- 1 Pause and notice how you feel.
- 2 Find the main group that seems closest to your experience.
- 3 Explore the related words to see whether one fits.
- 4 Choose one word, several words, or none if you are still unsure.

♥ Feelings can overlap, change throughout the day or be difficult to name. ♥
You do not have to choose just one.



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What Am I Feeling Right Now?

Take a moment to check in with yourself.
There are no right or wrong answers.



1 My feelings today

The feeling or feelings I notice are...



- ☐ Happy / Joyful
- ☐ Calm / At Ease
- ☐ Sad / Low
- ☐ Worried / Uneasy
- ☐ Angry / Frustrated
- ☐ Confused / Mixed
- ☐ Other: _____

I also notice...



2 How strong does this feeling seem right now?

This is a personal reflection scale, not a test or assessment.



1

A little



2

Mild



3

Noticeable



4

Strong



5

Very strong



4 What else might be going on?



- Am I feeling more than one emotion?
- Have I been tired, busy or dealing with a lot lately?
- Is there something I cannot quite put into words yet?



3 What was happening around me?

Was there a moment, conversation, thought or experience that might be connected to how I feel?



5 Where do I notice this feeling?

You might notice a sensation somewhere in your body, or you might not notice anything particular. Both are okay.





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What Might My Feelings Be Telling Me?

There isn't always one clear reason for how we feel. This page is space to explore what might be going on for you, without pressure to find every answer. ❤️

1

What has been on my mind lately?



2

What do I wish someone understood about my experience?



3

Is there something I need more of right now, such as rest, space, reassurance, connection or support?



4

Is there something I need less of right now?



5

Is there anything within my control that I would like to change?



6

Is there anything I need time to accept or understand?



7

If my feelings could speak, what might I want to hear?





I can explore my feelings without needing to find every answer today. ❤️



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A Little Space for Myself

This is a gentle space to reflect, express and choose one small step that might support you.



Something I want to express

Right now, I wish I could tell someone...





One small step I can take today

I do not have to solve everything.
One small thing I can do for myself is...





Something that might help me

When I feel this way, something that may support me is...



- ☐ Taking a short break
- ☐ Writing or drawing
- ☐ Moving or stretching gently
- ☐ Doing something I enjoy
- ☐ Talking to someone I trust
- ☐ Asking for help
- ☐ Taking time to think
- ☐ Something else: _____



A note to myself

If someone I cared about felt the way I do,
I would tell them...

Today, I want to remind myself...



*My feelings deserve attention, and I deserve kindness
while I work through them.*



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Mental Wellbeing & Counselling Support

This is a self-help resource and not a substitute for professional support. If you need help, please reach out to Helping Dost or a trusted person.



You are not alone.