TRYPHTIN SCOTT CHRISTIAN COUNSELING

DAILY EMOTIONAL AWARENESS PRACTICE

A three minute drill for noticing what is happening inside you

Practice during ordinary moments, before trying to use it in conflict.

WHY PRACTICE?

You cannot easily use a skill in a hard conversation if you have not practiced it when things are calm. A brief daily check helps you notice body cues, find words for feelings, and recognize what matters to you. There is no need to solve or change the feeling.

1 PAUSE AND NOTICE YOUR BODY

Take a comfortable breath. Scan your jaw, shoulders, chest, stomach, and hands.

I notice: _____

Examples: tight jaw, warmth in chest, relaxed shoulders, or nothing clear yet.

2 TRY A FEELING WORD

Choose a possibility, not a perfect answer. More than one feeling can fit.

Maybe I feel: _____

Calm • glad • interested • sad • hurt • worried • frustrated • embarrassed • unsure

3 NOTICE WHAT THE FEELING POINTS TOWARD

What happened recently? What might matter to you in this moment?

Something on my mind: _____

What may matter to me: _____

4 NOTICE YOUR IMPULSE

What do you feel moved to do? You do not have to act on it.

I feel pulled to: _____

Examples: talk, hide, fix, rest, reach out, explain, or keep doing what I am doing.

CLOSE WITH CURIOSITY

“This is what I notice right now. I can learn more without judging it.”

PRACTICE PLAN

Try once a day for five days. Use a calm or pleasant moment at least once.

Day 1 ☐ Day 2 ☐ Day 3 ☐ Day 4 ☐ Day 5 ☐

A sensation is a clue, not proof that a particular emotion or interpretation is correct.

Original practice informed by Emotion Focused Therapy and Curt Thompson’s reflections.

References: iseFT.org/What-is-EFT • curtthompsonmd.com/reflections/