Finding words for feelings

Adults and teens 12+ | Reflection with your counselor

You do not have to know exactly what you feel. Try a few words, draw, point, or say "not sure." You can skip any prompt and return later. This is practice, not a test.

Some people have difficulty identifying or describing emotions, sometimes called alexithymia. This page does not diagnose that difficulty or its cause.

Choose one manageable moment

What happened? Start with an ordinary event, not your most painful memory.

Notice a few clues

My experience seemed: ☐ pleasant ☐ unpleasant ☐ mixed ☐ unclear

My energy seemed: ☐ low ☐ in between ☐ high ☐ changing ☐ unsure

What thought showed up, or what did I want to do? These are clues, not proof of a feeling.

Try a word without forcing it

Circle any words that might fit, or add your own. More than one can be true.

annoyed angry frustrated worried afraid unsure
sad lonely disappointed hurt embarrassed guilty
calm relieved content interested hopeful excited

A possible word, image, or description is

How well does it fit? ☐ close enough ☐ maybe ☐ not really ☐ still unsure

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Choose what would help

Ideas: rest, food, water, privacy, clear information, a boundary, company, or help.

One need or kind next step I can name, even without an emotion word

If this becomes overwhelming, pause and ask your counselor or a trusted person for support.

My everyday emotion check in

A repeatable practice page

Try one entry at a time. It is fine to use a picture, a short phrase, or "I do not know yet." You do not need to turn every experience into a feeling word.

Check in 1

Date or time

Place or situation

What I noticed happening

Possible feeling or description, with room for uncertainty

What I needed or what helped

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Check in 2

Date or time

Place or situation

What I noticed happening

Possible feeling or description, with room for uncertainty

What I needed or what helped

Check in 3

Date or time

Place or situation

What I noticed happening

Possible feeling or description, with room for uncertainty

What I needed or what helped

Something to discuss together

A pattern, question, or word I would like help understanding

This reflection is not a diagnosis or a scored measure. Your words and cultural meanings matter more than choosing a label from a list.