

Feelings Map

A useful exercise for ourselves can be to map out our feelings. We can consider what triggers the feeling, how we feel, how it might appear to others and what we can do or use to help ourselves.

■ FROM YELLOW TO RED

The four colours from yellow to red represent the intensity of the feeling. At yellow, this is when you're starting to experience the feeling but it's at its least intense. Amber would be the next level of intensity. Orange is when this feeling is almost at its most intense. Red is when this feeling is the most intense it can be. For example: yellow is annoyed, amber is irritated, orange is cross, red is furious.

■ TRIGGERS

These are the events, words, experiences, sensations and anything else that cause the particular feeling in you. Try to think of what triggers the feeling at yellow, amber, orange and red as different things may cause you to feel the emotion at different levels of intensity.

■ HOW IT FEELS

This is how it feels for you. It can be both how you feel within your body and how you feel emotionally. Try to name the feeling at each level of intensity.

■ HOW IT LOOKS





These are the signs other people can spot to see how you're feeling and which level you're at. It could be bodily signs, like a flushed face, or behaviours you might show, like walking away.

■ WHAT CAN HELP

These are the strategies you can use to help manage your feelings and bring you back to a calm, settled state.

Feelings Map

Mapping Out:

<p>Triggers:</p> <p>How I feel:</p> <p>How it looks:</p>		<p>What can help</p>
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