

Name What Is Here

A gentle practice for meeting a feeling without becoming the feeling.



A feeling can grow louder when it has no name.

We may call everything stress.

Or say we are fine while the body is carrying fear, disappointment, anger, grief, or exhaustion.

Naming does not fix the feeling.

It gives it shape.

And sometimes shape creates a little space.

Before You Begin

You do not need the perfect word.

Choose the closest honest one.

More than one feeling can be present.

Nothing you name here has to be explained to anyone else.



Name the Feeling

Complete the sentence:

Something in me feels...

Tired.

Afraid.

Angry.

Tender.

Disappointed.

Relieved.

Use the word that is true enough. This is what is here.



Name Where It Lives

Notice where you feel it most clearly.

The throat.

The chest.

The jaw.

The belly.

Behind the eyes.

Place a hand there if that feels supportive.

My body is telling me something.



Name What It Needs

Ask gently:

What might this feeling need from me right now?

Space.

Protection.

Rest.

Movement.

A boundary.

To be heard without being solved.

I can listen without rushing.



Carry It with You

A feeling is part of the moment.

It is not the whole of you.

Naming it can help you respond with care instead of reacting from confusion.

Use this when everything feels tangled, when you are close to tears, or when you keep saying “I do not know” but your body clearly knows something.

Name it.

Locate it.

Listen.