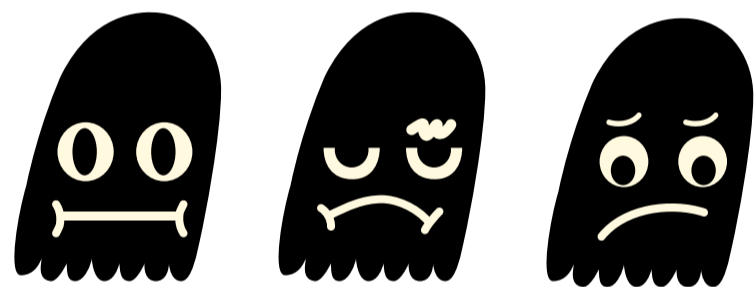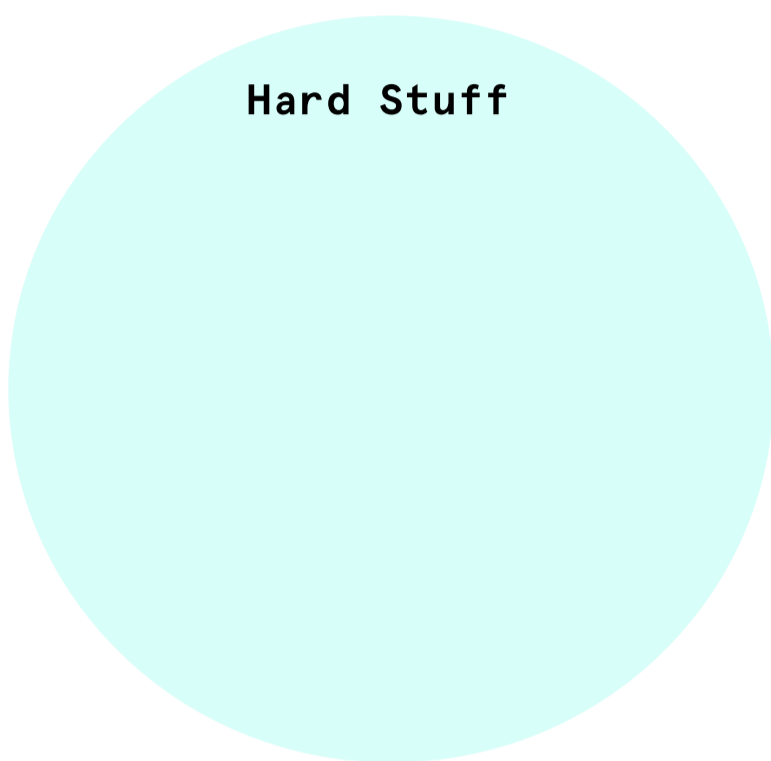# Feeling Feelings Feels Frustrating

Step One- Make a List of all the things you're feeling

Hard Stuff

Good Stuff

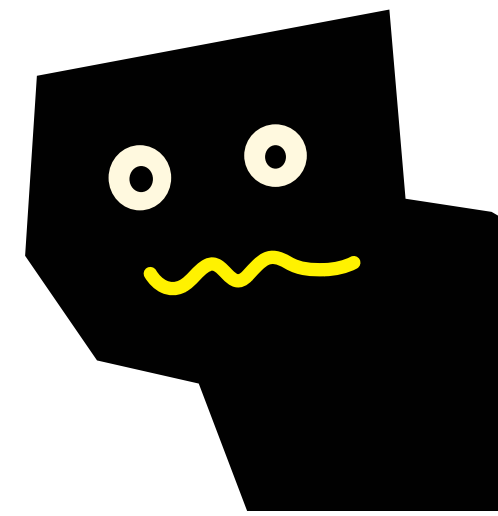Inbetween Stuff

Your feelings are your feelings and you get to have them. Emotions, even the sucky ones, are important info about things we care about.

Step Two- What is the Info telling us

These emotions are telling me I care about stuff.
What do I care about?

Feeling Feelings Feels Frustrating

Step Three- Pick up, Put Down, or Leave It

Pick Up
emotions/things you want to deal with because they bring you closer to the things you care about

Put Down
emotions/things that are doing you more harm than good because they take you further from the things you care about

Leave it
emotions/things that are kind of just always going to be there, and that's ok
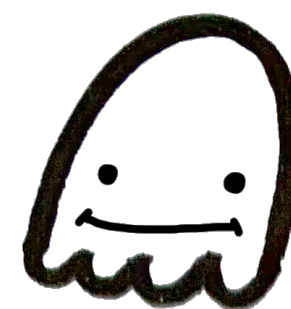
Pick up

Put Down

Leave it

Step Four- Make a Plan

What can I do to feel these feelings that also helps me feel better and gets me closer to things I care about?