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Name It to Tame It

A two-minute tool for when you feel off but can't say why

Naming a feeling calms the alarm. When you can label what you feel, your brain shifts from the reactive center to the part that can actually choose. Use this whenever something feels off and you can't quite say what.

1. Where do you feel it?

Your body usually knows before your mind does. Circle where the feeling lives right now.

Head Jaw Throat Chest Shoulders Stomach Hands

Back Legs Everywhere

2. Name it.

Circle the words that fit. Vague feelings just sit there; a named one has a shape you can respond to.

Anxious Angry Sad Ashamed Hurt Lonely Overwhelmed

Numb Scared Frustrated Embarrassed Tired Restless Small

The single word that fits best:

3. Go under it.

What happened right before this feeling showed up?

What did you need in that moment that you didn't get?

If this feeling were a part of you trying to protect you, what might it be protecting?

You don't have to fix it. Naming it is the work. Come back to this the next time the wall goes up.