

The What, Why, and How of the "Feelings Line"

I am going to talk about why keeping track of your feelings is important.
I am also going to introduce the "Feelings Line,"
a visual that I have used to help people check in
with their feelings and something that you can
easily create on your own.



Keeping Track of Feelings:

- Increases Awareness.
- Allows us to see trends in our moods.
- Allows us to measure progress in whatever we are trying to do to feel better

THE "FEELINGS LINE"



Very Uncomfortable

Comfortable

Ecstatic

One might choose to use a "feelings thermometer," or choose a color that shows how they are feeling, or select from a chart of feelings faces. If one understands the concept of a balance scale, they might find this tool to be helpful for figuring out how they are feeling and how their feelings change over time.

When to use this as opposed to other ways of monitoring feelings

THE "FEELINGS LINE"



With the feelings line, it is OK if we do not know exactly how we feel. One can just draw a line or dot somewhere in between the gingerbread person and the frowning robot if they are feeling upset, or between the gingerbread person and the smiling sun if they are feeling good.

- Reduces the demand to select specific emotion words to describe how one is feeling at a given moment.
- Reminds us that the ideal is to rebalance ourselves towards a "comfortable" center.
- By plotting various points, we can better visualize that, overall, a day can be not too bad even if there are some difficult moments.
- We can estimate how effective we believe a coping skill was.

Why use this as opposed to the many other feelings charts out there?

THE "FEELINGS LINE: "HOW TO USE IT"



Very Uncomfortable

Comfortable

Ecstatic

This shows what makes one typically feel good and great, as well as not so great and pretty bad. It will differ depending on the person. In the middle you would write something that makes you feel comfortable without feeling too happy or too upset.

Step One: Personalize your Feelings Line

MISERABLE AND

ANXIOUS

THE "FEELINGS LINE"

This feels wonderful

Heart Pounding; shaking

I can't stand this feeling

Warm; muscles feel more relaxed/looser



HAPPY

Very Uncomfortable

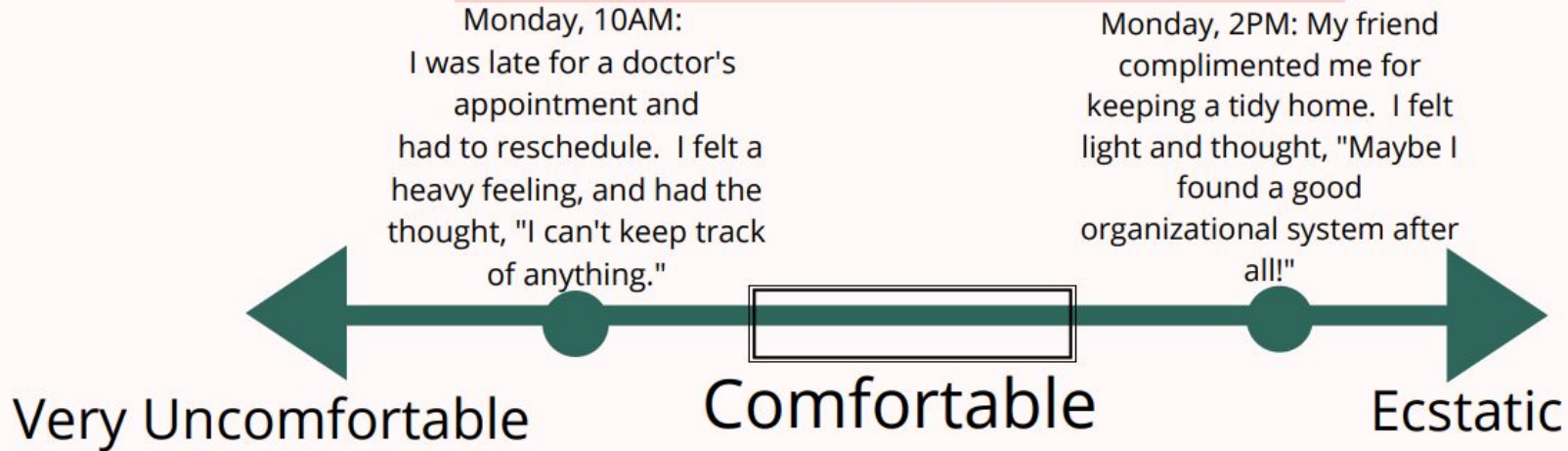
Comfortable

Ecstatic

This shows how one's body is feeling and what thoughts are running through their mind, as well as what emotion they might be having. It is OK to not do this part, but it can be helpful to add this info eventually.

Step Two: Identify physiological sensations, thoughts, and emotions related to various points on the line

THE "FEELINGS LINE:" HOW TO USE IT

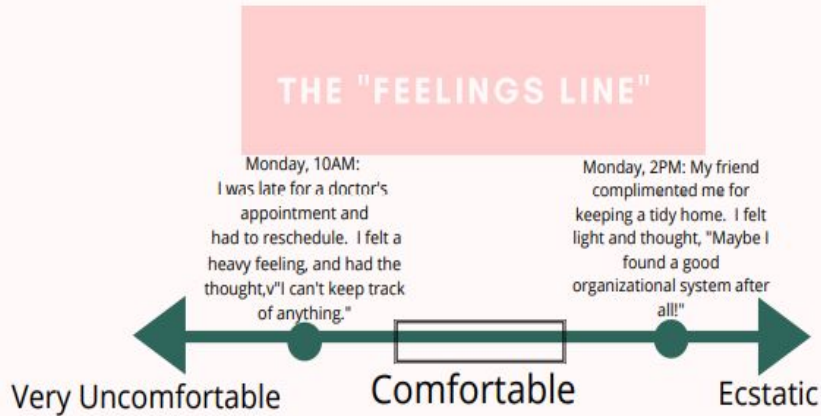


Step Three: Now that you have "anchors" on your feelings line, mark specific events over the course of the day/week

THE "FEELINGS LINE:" HOW TO USE IT



Step Four: Track changes in your mood after trying a coping skill.



*Remember, when looking at a day on the feelings line, one can see the range of emotions one had. It can help us see that our day was likely not all good or bad, but somewhere in the middle.

In Summary:

- Keeping track of our feelings helps us know what we are feeling, what might be leading to these feelings, and if what we are doing to feel better is working.
- The "Feelings Line" is one of many tools out there for helping us keep track of feelings.
- The "Feelings Line": Does not force people to choose one emotion; allows us to compare how we feel in response to different situations.
- Allows us to get a better sense of how our overall day or week is going.