



My where-do-I-feel-it worksheet

Pick one moment, tick where and how you feel it, name the likely feeling, rate it, and note what your body is asking for. Notice, don't diagnose.

01 Check first: is this physical?

Body sensations can be signs of physical illness. Do not try to read them as emotions if any of these apply. Chest pain, trouble breathing, fainting, or sudden severe symptoms need urgent medical care: call 999 (UK) or 911 (US), or NHS 111 if you are unsure. This worksheet cannot tell the difference and does not diagnose anything.

- ☐ I have chest pain, trouble breathing, I feel faint, or I have sudden severe symptoms: I am getting medical help now and leaving this sheet for later
- ☐ A sensation is new, getting worse or worrying me: I will ask a doctor or call NHS 111 (UK) rather than guess it is a feeling
- ☐ None of the above: I am safe to carry on with an everyday feeling

02 The moment

Pick one moment and describe it briefly.

What was happening, or what was I thinking about?

03 Where I feel it

Tick every area where you notice something. Take a moment to scan, from the top of your head down.

- ☐ Head (including face, jaw, eyes)
- ☐ Throat
- ☐ Chest
- ☐ Stomach
- ☐ Hands
- ☐ Legs (and feet)
- ☐ Whole body

Anywhere else, or more detail:

04 What it feels like

Tick every sensation that fits. You can match them to the areas above in your notes.

- ☐ Tight
- ☐ Hot
- ☐ Heavy
- ☐ Buzzing
- ☐ Numb
- ☐ Empty
- ☐ Fluttery

In my own words, it feels like:

05 My best guess

Look at the pattern you ticked and make a guess at the feeling. If you want words, the feelings wheel on this site has a long list. A guess can be wrong, and that is fine.

The feeling this might be (one or two words):

How strong is it right now?



Barely there

Very strong

Does the guess feel right, partly right or off? What would I change?

06 What my body is asking for

Sometimes there is a small, kind thing the body seems to want: water, air, a stretch, rest, a hug, company, a break from screens. Write what comes up, then try one thing and re-rate.

My body seems to be asking for:

One small thing I will try:

After trying it, how strong is the feeling now?

1 2 3 4 5 6 7 8 9 10

Barely there

Very strong

07 Body and feeling log

A short log shows your own patterns over time. Note each moment, where you felt it, and the feeling you guessed.

When	Where and how	Feeling I guessed	What helped
Date and moment	Chest, tight		
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

When you're done, a moment to reflect

- Which part of your body tends to speak up first when something is bothering you?
- Is there a sensation you usually ignore or push through?
- Did naming the feeling change how strong it was, even a little?
- What small thing does your body seem to ask for most, and when did you last give it?
- If a sensation keeps coming back and worries you, who could you ask about it, such as a GP?

Free worksheet from selfgrowth.org. Free self-growth worksheets for real life. Fill it in online and it saves as you go: selfgrowth.org/worksheets/where-do-i-feel-it-worksheet



If things feel heavier than a worksheet can hold

These are self-reflection tools, not therapy. If you're struggling, especially if you have any thoughts of harming yourself, please reach out to someone now. In the US, call or text **988**. In the UK & Ireland, call **116 123** (Samaritans). Elsewhere, find a free helpline at findahelpline.com. If you're in immediate danger, call your local emergency number.