

The Feeling Underneath

Most of the time, the feeling you show on the outside is covering something else. Anger is usually fear or hurt underneath. Shutting down is usually exhaustion or shame. This exercise helps you find what's actually there — because you can't deal with something you haven't named.

Part 1 — More Than Mad: What Do You Actually Feel?

Check any feelings you've had in the last week — even if just for a moment. There are no wrong answers.

When things go bad:

<input type="checkbox"/> Angry	<input type="checkbox"/> Hopeless	<input type="checkbox"/> Scared	<input type="checkbox"/> Ashamed	<input type="checkbox"/> Empty
<input type="checkbox"/> Sad	<input type="checkbox"/> Anxious	<input type="checkbox"/> Numb	<input type="checkbox"/> Frustrated	<input type="checkbox"/> Embarrassed

When things feel okay:

<input type="checkbox"/> Relieved	<input type="checkbox"/> Proud	<input type="checkbox"/> Calm	<input type="checkbox"/> Hopeful	<input type="checkbox"/> Grateful
<input type="checkbox"/> Connected	<input type="checkbox"/> Confident	<input type="checkbox"/> Excited	<input type="checkbox"/> Safe	<input type="checkbox"/> Focused

The harder ones to admit:

<input type="checkbox"/> Lonely	<input type="checkbox"/> Jealous	<input type="checkbox"/> Resentful	<input type="checkbox"/> Guilty	<input type="checkbox"/> Worthless
<input type="checkbox"/> Overwhelmed	<input type="checkbox"/> Invisible	<input type="checkbox"/> Unloved	<input type="checkbox"/> Bored	<input type="checkbox"/> Lost

Part 2 — Going One Layer Deeper

Pick one feeling that showed up in the last week that you acted on — where it led to something you're not proud of, or something you want to change.

The feeling I showed on the outside was:

The feeling underneath it was probably:

What caused the underneath feeling:

How I responded when it hit:

What I wish I had done instead:

What I need when this feeling comes up:

Part 3 — Where Do You Feel It?

Emotions live in your body before they make it to your brain. Learning where yours land helps you catch them earlier.

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Body Signal	What It Often Means	I feel this? (circle)
Tight chest or shallow breathing	→ often anxiety or fear	Yes / No
Clenched jaw or fists	→ often anger that hasn't come out	Yes / No
Heavy feeling, hard to move	→ often sadness or depression	Yes / No
Stomach in knots or nauseous	→ often guilt, shame, or dread	Yes / No
Restless, can't sit still	→ often anxiety or suppressed anger	Yes / No
Numb or disconnected	→ often overwhelm or shutdown (freeze response)	Yes / No

You can't outrun a feeling. But you can name it, find it in your body, and decide what to do with it — before it decides for you.