

Victory Life Coaching
5 STEP FEELING CHEATSHEET
Created by Havilah Cunningham from *I Do Boundaries*

1. **What is the emotion I am feeling?** (circle one or more)

- Anger (mad)
- Anxious (fear of losing something or not having enough)
- Shame
- Sadness
- Fear (scared)
- Guilt

2. **My feelings are here to show me something.** What are my emotions trying to tell me?
(circle one or more)

- I feel disappointed
- I feel anxious
- I feel excited

3. **Identify where I might have felt this before:**

4. **Identify the behavior it's producing in me:**

5. **Would I like to reframe this feeling around truth? What would that sound like if I changed my feeling?**

“No one is powerful enough to make me feel any specific way. I’m getting my power back! If I want to be sad and feel mad, that is about me. I understand now and own it. No one can make me feel hurt. Yes, they can hurt me, and hurt might be my initial feeling, but I can choose to feel a different way about it in the end.”

