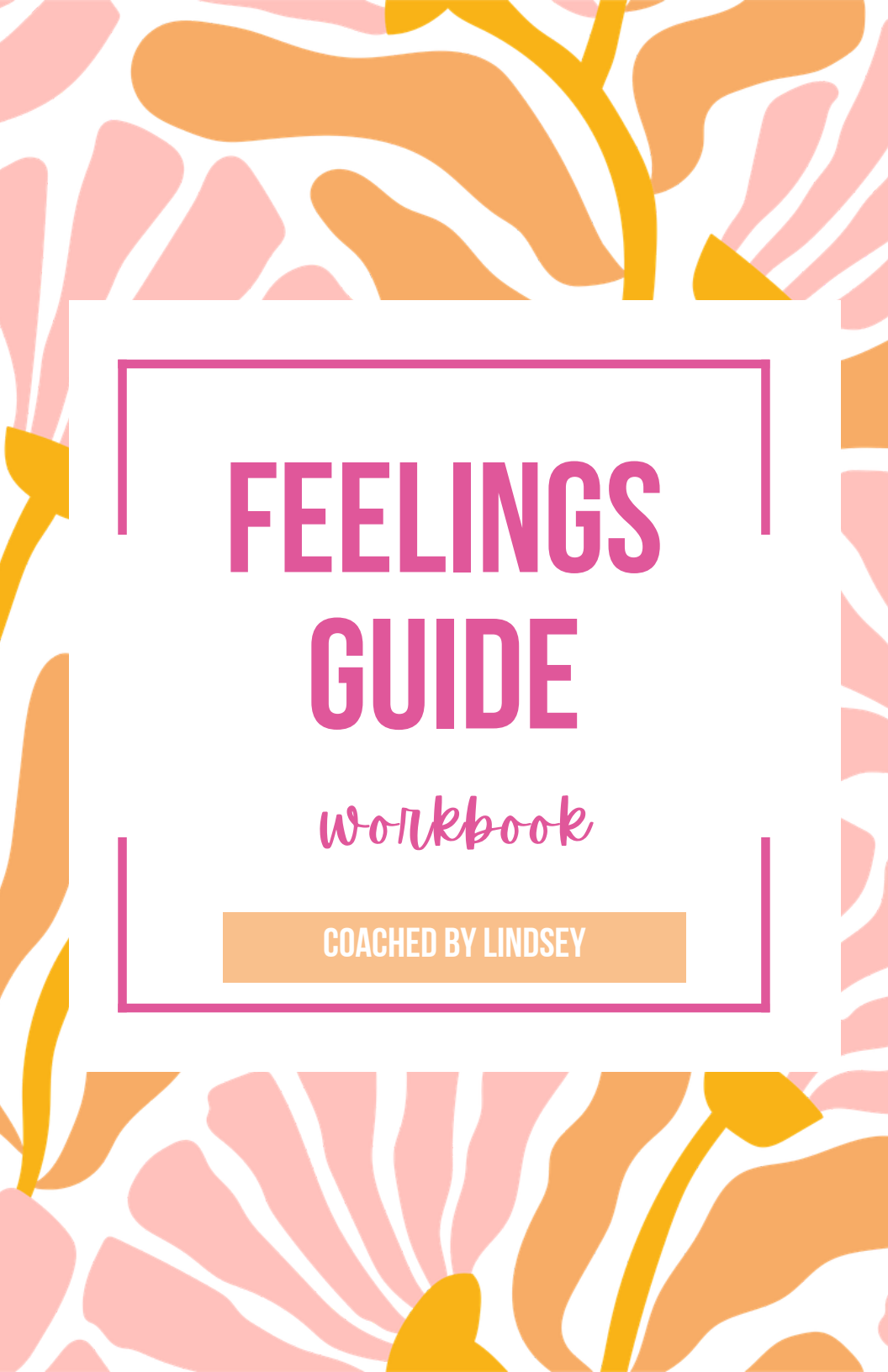




FEELINGS GUIDE

workbook

COACHED BY LINDSEY



HELLO I'M LINDSEY



I'm so glad you're here.

If there's one thing I hope you take away from this guide, it's this: Feelings aren't something to fear, fix, or avoid—they're something to understand.

Most of us were never taught what to do with our emotions. We learned to ignore them, push them away, or let them take over. But feelings aren't the enemy. They're information. They're signals that tell us something important about what we need, value, or are experiencing.

When we learn how to recognize, understand, and process our emotions, everything changes. We become more resilient, more confident, and better equipped to handle life's challenges. And when we teach these skills to our children, we give them tools that will serve them for the rest of their lives.

My hope is that this workbook becomes something you return to again and again—whether you're navigating your own emotions or helping a child navigate theirs.

You got this.

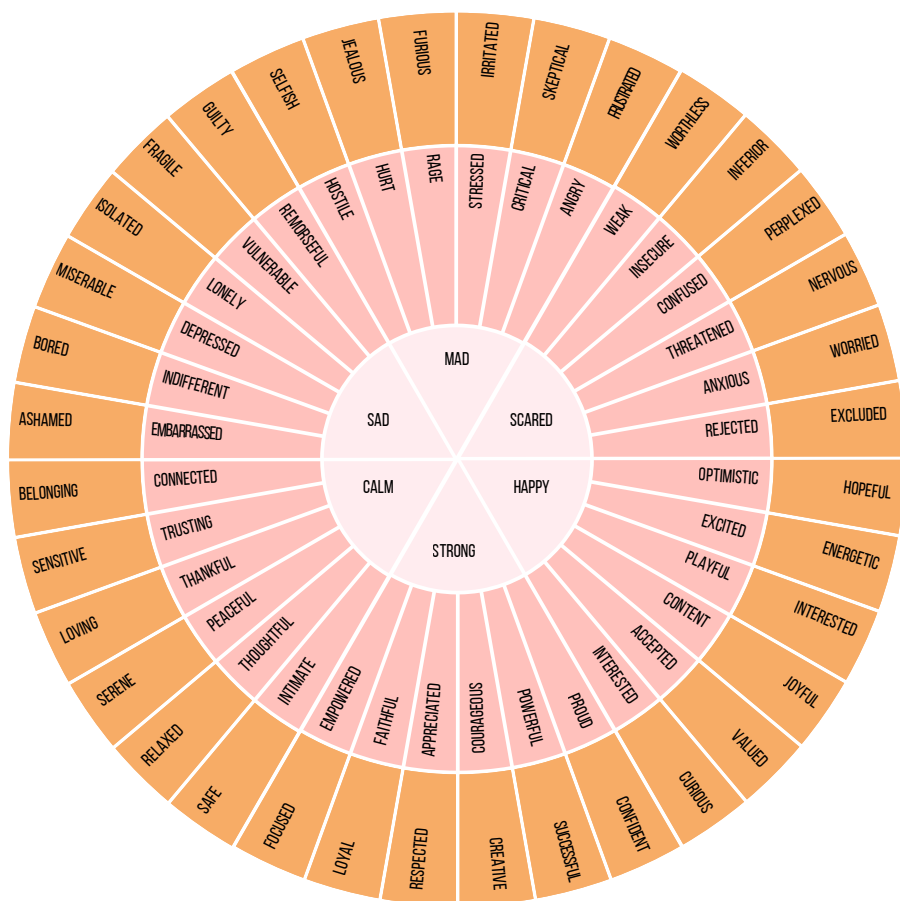
Lindsey Lloyd



coached by lindsey.com

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THE FEELINGS WHEEL



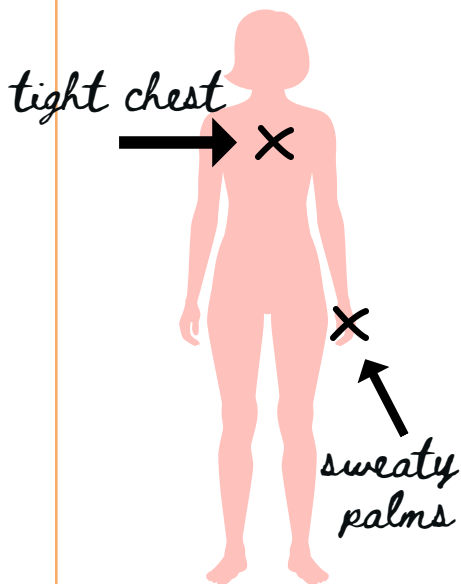
HOW TO FEEL A FEELING EXAMPLE

Here is an example scenario of how you can use this sheet to process a feeling.

1. WHAT AM I FEELING?

anger

2. WHERE AM I FEELING IT?



3. HOW INTENSE IS THIS FEELING?

pretty strong, but i'm feeling slightly better.



4. WHY DO I FEEL THIS WAY?

I got in a fight with my brother.

5. ACCEPT THE FEELING.

**"ITS OKAY THAT I
FEEL THIS WAY."**

6. WHAT IS MY OUTLET?

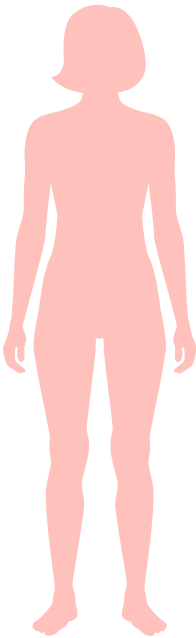
go for a bike ride.

HOW TO FEEL A FEELING

Use this sheet to practice processing one of your own feelings.

1. WHAT AM I FEELING?

2. WHERE AM I FEELING IT?



3. HOW INTENSE IS THIS FEELING?



4. WHY DO I FEEL THIS WAY?

5. ACCEPT THE FEELING.

**"ITS OKAY THAT I
FEEL THIS WAY."**

6. WHAT IS MY OUTLET?

4 KEYS TO UNLOCK FEELINGS

01

NO FEELING IS EVER WRONG OR RIGHT,
GOOD OR BAD.

02

EVERY EMOTION HAS A PURPOSE.

03

USE CURIOSITY NOT JUDGMENT.

04

BE DELIBERATE ABOUT FEELING GOOD.

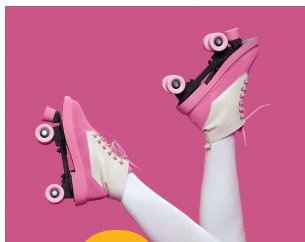


FIVE WAYS TO COPE

KNOWING HOW TO COPE CAN HELP YOU PROCESS AND WORK THROUGH HARD EMOTIONS.

MOVE
YOUR
BODY

1



2

BE
CREATIVE

RELAX

3



5

JOURNAL

TALK IT
OUT

4

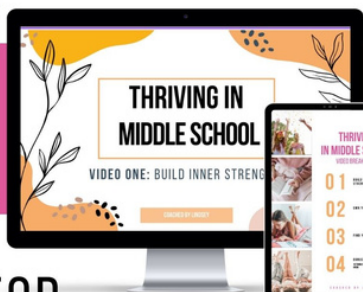


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