



Counselling & Psychotherapy

# THE FEELING OF \_\_\_\_\_

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**Exploring Feelings through Poetry**

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### Description:

This activity is a tool that can help individuals explore and understand a particular feeling that they may be struggling with. By filling in the blanks of the poem, you can identify the nature of the feeling, how it manifests in their lives, and its impact on their well-being. They can also explore the positive and negative aspects of the feeling and develop strategies for coping with it. Please remember this is not a replacement for therapy

### Instructions:

1. Take a moment to think about a feeling that you would like to explore further. It could be a feeling that you are struggling with or one that you are simply curious about.
2. Use the template provided and fill in the blanks with words or phrases that describe your chosen feeling. Feel free to make changes to the words and do not worry about it being perfect.
3. Once you have completed the poem, take a moment to read it over and reflect on what you have written. Notice any patterns or insights that emerge.
4. Think about the positive and negative aspects of the feeling. What does it help you with? What does it make difficult for you?
5. Develop strategies for coping with the feeling. What can you do to manage it when it becomes overwhelming? What resources or support do you have that can help you?
6. Finally, remember that it's okay to seek additional support from a therapist or mental health professional if you need it. This activity is just one tool in a larger toolbox of coping skills and strategies.

# The Feeling of \_\_\_\_\_

It is a feeling of \_\_\_\_\_

I feel it \_\_\_\_\_

It looks like \_\_\_\_\_

It causes trouble by \_\_\_\_\_

I call it \_\_\_\_\_

I first remember it \_\_\_\_\_

Now I \_\_\_\_\_ it in \_\_\_\_\_

It's not there when \_\_\_\_\_

and I \_\_\_\_\_

It helps by \_\_\_\_\_

It harms by \_\_\_\_\_

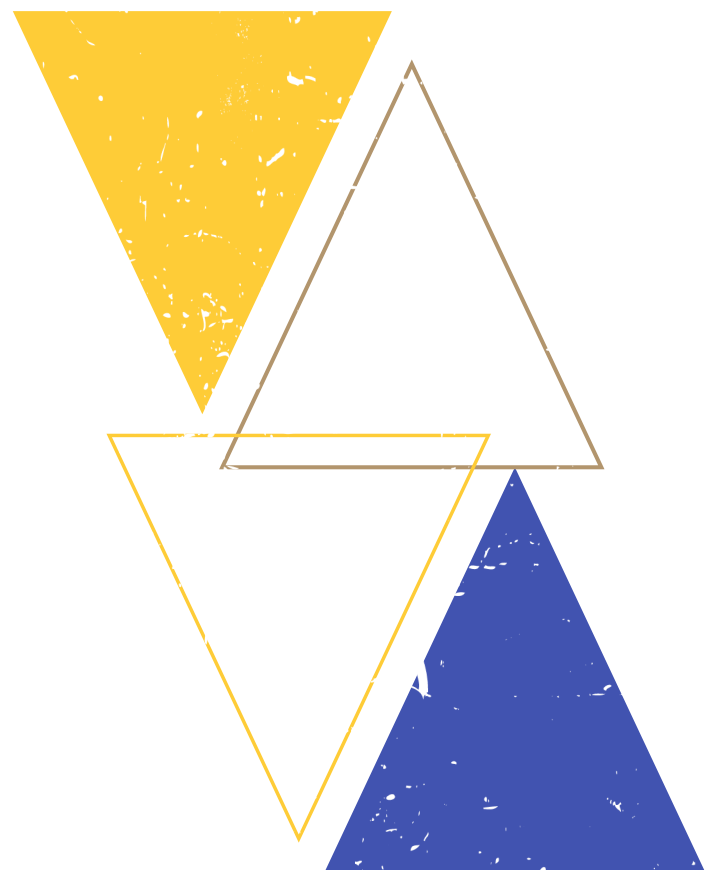
I choose to \_\_\_\_\_

because \_\_\_\_\_

I must \_\_\_\_\_

I can start by \_\_\_\_\_

I will remember that \_\_\_\_\_





## **Lareina D'Souza**

**She/her**

**Lareina is a psychologist who works primarily with women and children. She is trained in SFBT, Play Therapy, Narrative Practices**