# UNBEARABLE FEELINGS A GUIDED JOURNAL TO DENTIFY YOUR UNBEARABLE FEELINGS



### WHAT ARE UNBEARABLE FEELINGS?

UNBEARABLE FEELINGS ARE EMOTIONS THAT FEEL TOO RISKY TO NAME, LET ALONE EXPRESS. THEY'RE NOT JUST UNCOMFORTABLE, THEY FEEL UNSAFE, OVERWHELMING, OR EVEN SHAMEFUL. BUT THEY SILENTLY INFLUENCE HOW WE SHOW UP IN OUR RELATIONSHIPS.

THIS JOURNAL HELPS YOU GENTLY UNPACK AND NAME THE ONES THAT MIGHT BE DRIVING YOUR REACTIONS.

### SECTION 1: SELF-REFLECTION PROMPTS

- When was the last time everything felt too much?
- What's something I feel but can't say out loud, even to myself?
- What do I fear my partner secretly believes about me?
- If I slowed down, what feelings would catch up with me?
- What do I feel right before I shut down or explode?
- What's one fear, grief, or pressure I've been carrying in silence?

### SECTION 2: EMOTIONAL VOCABULARY WHEEL

USE THIS TO HELP EXPAND YOUR EMOTIONAL VOCABULARY. SOMETIMES WE REACT BECAUSE WE DON'T HAVE THE WORDS.

- Core Feelings → Sad / Angry / Afraid / Ashamed / Alone / Overwhelmed
- Layered Feelings (examples):
- Sad → Hopeless, Disappointed, Grieving
- Angry → Irritated, Resentful, Powerless
- Afraid → Anxious, Rejected, Uncertain
- Ashamed → Embarrassed, Unworthy, Guilty
- Alone → Invisible, Abandoned, Misunderstood
- Overwhelmed → Numb, Stuck, Defeated

Circle or highlight what resonates. Add your own below.



## SECTION 3: JOURNAL SPACE

Use these prompts to reflect and journal:

- When was the last time I felt completely overwhelmed?
- What triggered it, and what might have been underneath that response?
- What stories have I learned (from childhood, past relationships, culture) about which emotions are "too much"?

<ul> <li>What's one feeling I've been avoiding and why?</li> </ul>	

# SECTION 4: COUPLE CONVERSATION STARTERS

Use these when you're ready to share with your partner:

- "Can I talk to you about something that feels big for me, even if I can't explain it perfectly?"
- "Lately I've been feeling \_\_\_\_, and I think it's been showing up in how I act."
- "This isn't about you fixing it, I just want to say it out loud and feel safe."
- "I don't know where it comes from yet, but I want to understand it with you."
- "Have you ever felt something similar?"

