

UNBEARABLE FEELINGS

A GUIDED JOURNAL TO IDENTIFY 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.

