



## I Didn't Say It, But I Felt It

***You kept it in. But your body sure as hell didn't. Let's decode the silence and hear what your system was screaming.***

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Date: \_\_\_\_\_ Weather: \_\_\_\_\_ Attitude: A.M. \_\_\_\_\_ P.M. \_\_\_\_\_

1. Did I feel something shift in my body today—tight jaw, pit in stomach, clenched fists?

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2. Was I holding something in that needed to come out? \_\_\_\_\_

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3. Did I zone out or disappear inside, even for a second? \_\_\_\_\_

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4. Did I pretend I was okay when I wasn't? \_\_\_\_\_

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5. What feeling was under the surface—anger, shame, fear, sadness? \_\_\_\_\_

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6. What belief might be tied to that feeling? \_\_\_\_\_

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7. Have I felt this before in similar moments? \_\_\_\_\_

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8. What would I tell a friend who felt this way? \_\_\_\_\_

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9. What did I need in that moment but didn't get? \_\_\_\_\_

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10. How can I let go of this tension before bed tonight? \_\_\_\_\_

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