AWARENESS & EMOTIONS

Name What Is Here

About 3-5 minutes, with optional time to write

This workbook offers a gentle introduction to the practice for you to explore on your own; deeper work is best undertaken with the support of a professional counsellor.

Find a few words for your experience

Sometimes you know how you feel. At other times, there is a vague sense of something, or several feelings at once. This practice gives you time to find a description that fits well enough for now.

A word, an image or a simple phrase can be useful. You do not need to explain where the feeling comes from.

1. Pause and notice

Take a moment somewhere you can pause comfortably. Notice the room around you and the support beneath you. Then ask: "What am I aware of just now?" Begin with something that feels manageable to notice.

2. Try a description

You might notice a feeling, a thought or a sensation. Try a few words: "A little disappointed." "Thinking about the conversation." "Warmth in my face." If your experience is unclear, "I am not sure" is a useful starting point.

If you want a feeling word, consider whether sad, worried, angry, relieved, interested or pleased comes close. You can choose another word or leave the experience unnamed.

3. See whether it fits

Read or say your description to yourself. Does it capture what you notice, or would another word fit better? You can be more specific, use a mixture of words, or keep the description broad.

A bodily sensation does not have one fixed emotional meaning. You can notice tightness or warmth without deciding what it means.

4. Acknowledge what is here

Try a simple sentence: "I notice some disappointment." Or: "There is a mixture of relief and uncertainty." See what it is like to acknowledge the experience without having to solve it. It may shift, or stay much the same.

5. Return to what comes next

Look around you again. Ask: "Is there anything I need to take account of before I continue?" You might pause a little longer, make an ordinary adjustment or return to your day.

If inward attention feels unsettling, return to something you can see or hear around you, or stop. You can keep this practice brief and leave the description unfinished.

NAME WHAT IS HERE

Find words that fit

A short record

Choose any prompt that helps. You can write a word, make a small drawing or leave the space empty.

What am I aware of just now?

Which word, phrase or image comes closest?

Is there anything I want to take account of before I continue?

Allow more than one feeling

You might be pleased about an opportunity and worried about the time it will take. Both can be part of your experience. You do not need to decide which one is the real feeling.

Your description is a working description. You can change it when you notice more.

NAME WHAT IS HERE

Returning to the practice

Over four weeks

If this practice is part of your Development Map plan, follow the pace suggested there. These are ways to return to the same exercise, with room for days when you would prefer to leave it aside.

Week 1 | Find a starting word

Try describing your experience at an ordinary moment. Use whatever words are available. Notice whether a brief description feels useful.

Week 2 | Allow some detail

Return to a description and see whether it still fits. Perhaps there is a second feeling, or a word you prefer. There is no need to make the description more detailed if it is already enough.

Week 3 | Take something into account

After naming your experience, consider one small choice. You might allow more time for a task, ask a question or continue as planned. A feeling can inform a choice without making the decision for you.

Week 4 | Review what helps

Has finding words been helpful? Which descriptions felt natural, and which felt forced? Decide how you would like to use or adapt the practice from here.

What helps me recognise and describe my experience?

This practice supports self-reflection. It is not a treatment or a substitute for professional support.

Work with me

If this workbook has opened up something you would like to explore further, you are welcome to get in touch. I offer psychotherapy and counselling in Dalston, East London, and online. We can use an initial session to consider what brings you to therapy and whether working together feels right for you.

BOOK AN INITIAL SESSION	CONTACT ME