

Why do I feel this way?

A gentle guide for hard days

By

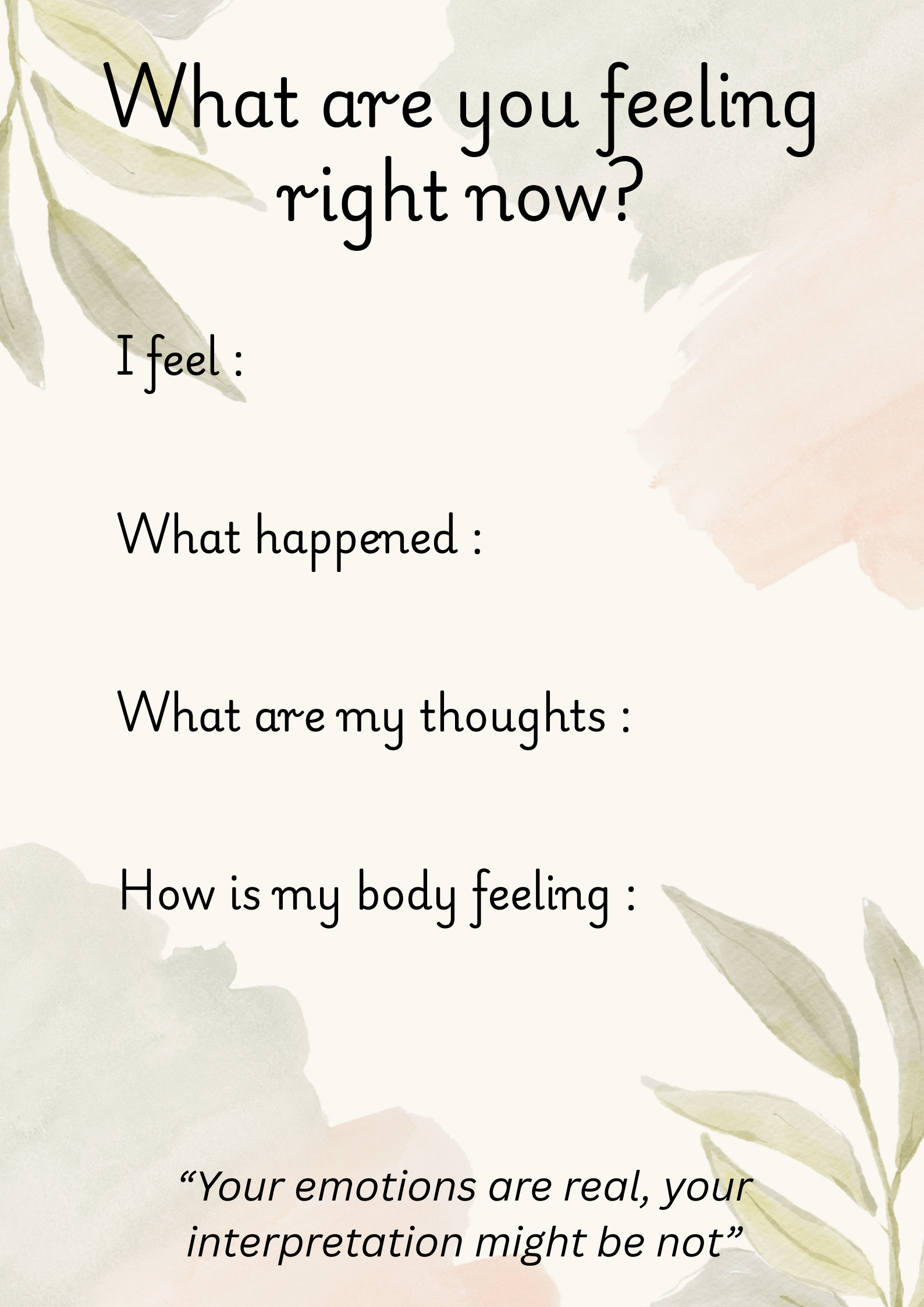
Dr. Apoorva Aggarwal

How to use this manual?

This manual will help you navigate your feelings and help you understand about what you are going through and how to deal with it.

The rules are simple, you are not allowed to go to the next page until you are done completely with the previous page. It is recommended to take a print out of this guide or write digitally on it.

Remember, this is a simple guide to help you with your emotions and not a replacement for a professional. It is always recommended to seek professional help in cases of prolonged distress and suffering.



What are you feeling
right now?

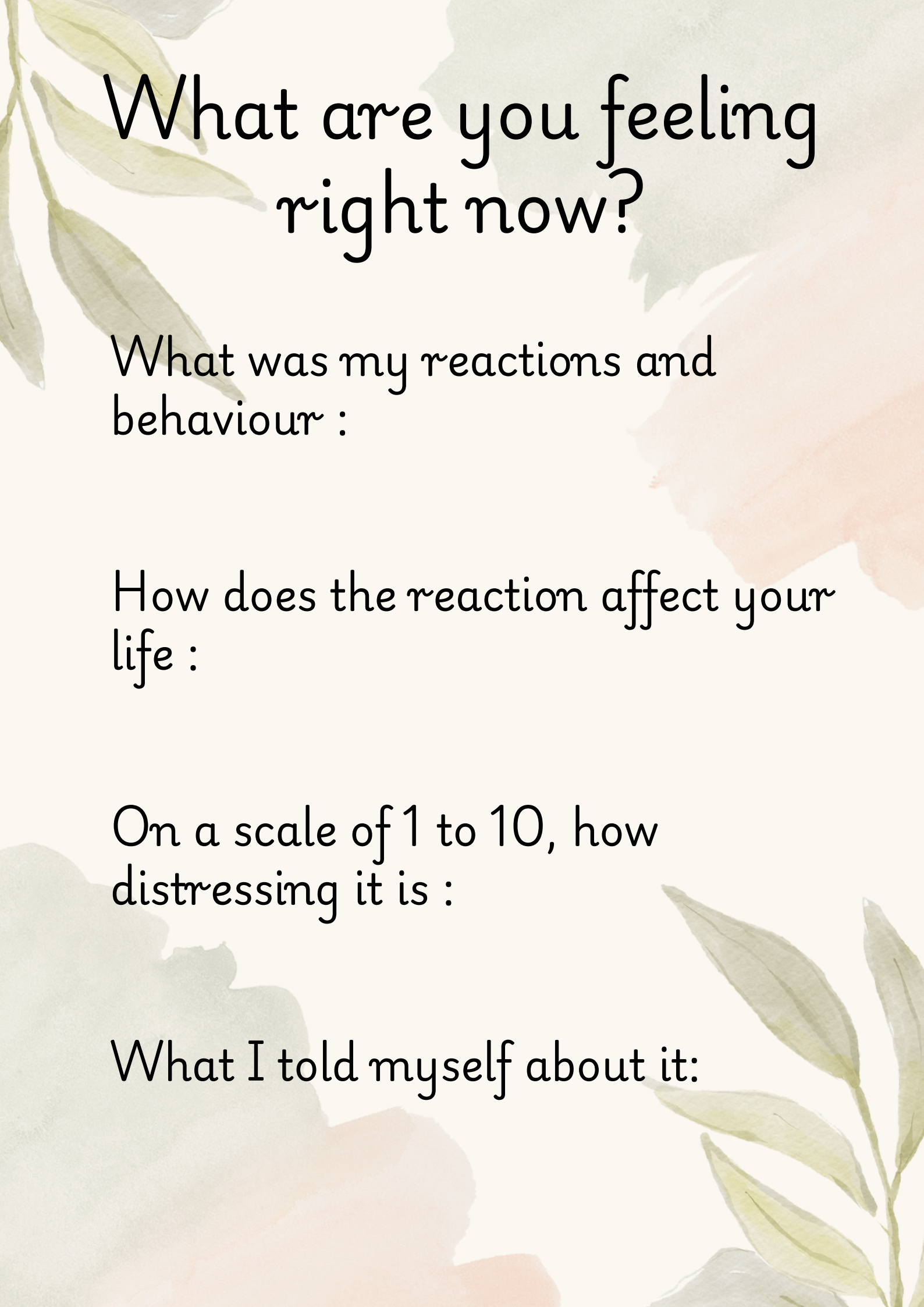
I feel :

What happened :

What are my thoughts :

How is my body feeling :

*“Your emotions are real, your
interpretation might be not”*



What are you feeling
right now?

What was my reactions and
behaviour :

How does the reaction affect your
life :

On a scale of 1 to 10, how
distressing it is :

What I told myself about it:

What pattern does it belong to?

Lets try and identify which patterns are out thoughts fitting into. There are many patterns but few of them are mentioned here along with the common reasons of why they occur.

- Overthinking - need for control
- Fear of abandonment- past inconsistency
- Emotional numbness- overload/burnout
- People-pleasing- fear of rejection

“Patterns repeat wehn they are not recognised”

Is this about now or before?

Does this feeling feel familiar?

When have I felt this before?

Am I relating this to the present
or the past?

*"Sometimes you are not reacting to the
situation- you are reacting to the
memory it touches?"*

REALITY CHECK

What I think is true	What I know is true

"Your mind fills gaps with fear, not facts"



What do I need right now?

Thats it, just right down whatever
you feel like you need right now!



***“Not every emotion needs solving.
Some need understanding”***



What now?

First of all, I want to say that I am proud of you for being able to go through all of the steps with so much patience and grace. This does counts as a big achievement and shows your resilience.

I hope this manual would have helped you to identify atleast a few of your thoughts , emotions or behaviours and help you atleast to move a step ahead in understanding them and handling them better.

Remember working on mental health is a long journey. Today you did move closer to where you were before and thats all that matters!

Warm regard and wishes - Dr. Apoorva

