

FEEL • PAUSE • CHOOSE

A simple way to navigate BIG feelings



FEEL

Notice what you're feeling.

You don't have to judge it, justify it, or make it disappear.



You might say:

- "I feel nervous."
- "I'm disappointed."
- "I'm excited and overwhelmed."
- "I'm jealous, even though I'm also happy for them."



PAUSE

Take a moment to understand what's happening before you respond.

Notice your thoughts, feelings, and body.
Take a slow breath if it helps.



You might notice:

- a tight chest
- a hot face
- a twisty stomach
- racing thoughts
- an urge to yell, hide, leave, or fix everything



CHOOSE

Decide what helps and what comes next.

The goal isn't always to feel better right away.
Sometimes the next choice is simply the one that helps you move forward.



You might choose to:

- ask for help
- say what you need
- take one small step
- try a coping tool
- wait until you feel ready to respond



Every feeling belongs. Every choice matters.

This is the shorter version of the IRULE process:

Identify • Recognize • Understand • Let Yourself Feel • Employ

What can FEEL • PAUSE • CHOOSE look like in real life?

When I feel worried



Fearful Fig

FEEL

"I'm nervous about going somewhere new."

PAUSE

I notice butterflies in my belly.

CHOOSE

I take one slow breath and try one small step.

When I feel angry



Angry Apple

FEEL

"I'm angry because that felt unfair."

PAUSE

I notice that my body feels hot and I want to react quickly.

CHOOSE

I step away for a moment, then talk about it when I'm ready.

When I feel sad



Blue Blueberry

FEEL

"I'm sad because I felt left out."

PAUSE

I notice my thought, "They didn't want me there," and remind myself that may not be true.

CHOOSE

I remind myself one moment doesn't tell the whole story.



BIG Feelings are opportunities.



They invite us to better understand ourselves, notice what matters, connect with others, and choose what comes next.

Continue exploring:

- ✓ Free printables
- ✓ BIG Feelings products
- ✓ Emotional wellness resources
- ✓ Brightlight Orchard (coming soon!)

BIGFeelingsWorld.com



BIG Feelings

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You are not alone.
You are learning.
You are enough.
One choice at a time.