

Gut feeling or anxiety?

Reflection

What triggered this strong feeling or instinct?

Describe the situation that brought up the feeling. Was it a decision, a person, a message, or something that felt “off”? Was the reaction calm and specific, or urgent and overwhelming?

What is my body telling me right now?

Pause and check: Does this feel like a grounded nudge (e.g., a quiet stomach flutter or calm unease), or more like anxiety (e.g., racing heart, tight chest, looping fear)?

Is this thought based on present facts—or “what ifs”?

Try to separate fear from evidence. Am I reacting to something real in the moment, or imagining worst-case scenarios? Would this feeling change after journaling, breathing, or sleeping on it?

What would a wiser, calmer version of me say right now?

Write a grounding response from your future self, therapist voice, or trusted friend. It might sound like:

- … “You’re feeling anxious, and that’s okay—it doesn’t mean something is wrong.”
- … “This might be fear talking. Let’s take time before acting.”