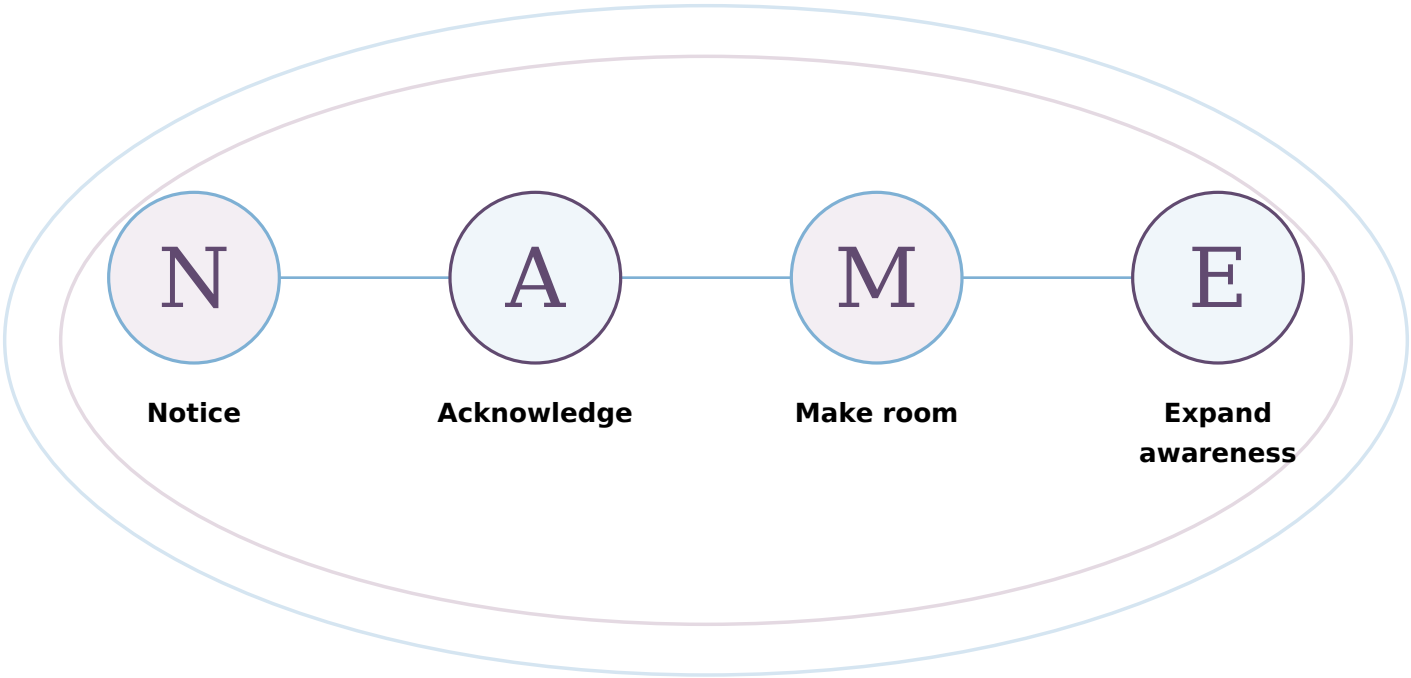
TIME TO THRIVE THERAPY

Naming What You Feel

PRACTICE WORKSHEET

An everyday example and a place to practice the four steps of NAME for yourself.



A feeling can be here without taking up the whole view.

Dr. Katherine Jewett

PsyD, LMFT

Licensed Marriage and Family Therapist
California license #100342

www.TimeToThriveTherapy.com

Start with an ordinary moment

Read the example, then use the next page to try the same four steps.

Choose a manageable feeling that is already here. You do not need to revisit your most painful experience. Take a few minutes to practice, then jot down what you noticed. Use a pen, or type into the fields in a PDF reader that supports forms.

Example A last minute change

A plan changes just as you are getting ready to leave. You were looking forward to it, and irritation shows up before you have decided what to say.

N Notice the sensations

My jaw is tight. There is warmth in my cheeks and a restless feeling in my hands.

A Acknowledge by name

I'm noticing irritation and disappointment. The warmth is still there as I name them.

M Make room

I let the warmth and tightness be here for a few comfortable breaths. I imagine a little space around them. I don't need to like the feeling or force myself to relax.

E Expand awareness

I keep those sensations in view and notice my feet, the chair, and sounds outside. The feeling is still here, and I can also listen to what my friend is saying.

A few words to help you begin

Sensations: tight, warm, fluttery, heavy, restless, prickly, tense.
Feelings: worried, irritated, disappointed, sad, embarrassed, hurt.
Use your own words. "I'm noticing uneasiness" is a reasonable place to start when you cannot yet name the emotion.

If inward attention becomes too intense, stop. Look around, notice a sound or a visible detail, and reach for support if needed. Making room does not require pushing through distress.

Practice source: The four-step NAME sequence is from Russ Harris's Acceptance and Commitment Therapy materials. This guide's narration, examples, artwork, and worksheet use original wording.

Russ Harris • ACT workshop handout (2016), page 16

Your NAME practice

Move through N, A, M, and E in order. Short answers are enough.

N Notice the sensations

Where do I feel this in my body? What is the sensation like?

A Acknowledge by name

What words fit the feeling? Keep some attention on the sensation as you name it.

M Make room

How did I allow the feeling to be here, rather than trying to remove it?

E Expand awareness

What else could I notice in my body and surroundings while keeping the feeling included?

Afterward Optional reflection

What was it like to include both the feeling and the rest of the moment?

You do not have to feel calmer to finish. If inward attention becomes overwhelming, stop and notice your surroundings. See the companion guide for more detail about the practice.

NAME sequence: Russ Harris • ACT workshop handout, page 16