

What is a feeling trying to tell you?

Every uncomfortable feeling carries a message, and you can read it. Nine feelings, each with a message, a question and a first step.

There are four ways. Three of them cost you strength. One takes you further.

01 Denying	02 Dramatising	03 Avoiding	the fourth way Understanding and acting
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Fear

Fear points at something that matters to you and that you are not ready for yet. It tells you to prepare.

THE QUESTION FOR YOU

What exactly are you afraid of, and how likely is that really?

THE FIRST STEP

Write down two or three steps that prepare you, and start the first one right away.

Sadness

Sadness shows that an expectation broke. Something you hoped for has fallen away.

THE QUESTION FOR YOU

Which expectation was it exactly, and is the rule behind it fair to you?

THE FIRST STEP

Write the broken expectation down in one sentence. Then move outside and stay close to the people who are good for you.

Anger

Anger says that a rule you care about was broken. It also hands you the energy to change something about it.

THE QUESTION FOR YOU

Which rule was it, and could you have read the situation differently than it was meant?

THE FIRST STEP

Ask the other person calmly for their reason before you judge. If the anger still burns, go for a run first.

Frustration

Frustration means your goal still stands and your path towards it needs a new shape. It calls for more flexibility.

THE QUESTION FOR YOU

Which paths have you really tried, and which ten others would there be?

THE FIRST STEP

Write down the result you want, then twice as many paths as before. Pick one of them and take the first step today.

Disappointment

Disappointment shows that a standard of yours was undercut. Feeling it means that you expect good things.

THE QUESTION FOR YOU

What did you learn from this that helps you next time?

THE FIRST STEP

Write down three things you learned. Then set a new goal at the same height or higher and do something for it today.

Regret

Regret says that you acted against something you stand for. It wants there to be no second time.

THE QUESTION FOR YOU

Which standard of your own was it, and what pushed it aside this time?

THE FIRST STEP

Build a small safeguard that holds you next time, a date, a rule or a person who knows.

Inadequacy

The feeling of being too little usually shows the distance between today and the person you want to be. It says that you can grow.

THE QUESTION FOR YOU

Who can be a model for you here, and what does that person do differently than you?

THE FIRST STEP

Pick someone who is already there and ask about the path. One call is enough as a first step.

Overwhelm

Overwhelm means that too much is pointing at you at once. It calls for clarity before you keep running.

THE QUESTION FOR YOU

Which of these is truly the most important right now?

THE FIRST STEP

Write everything on an empty sheet, circle the most important item and do only that. The rest waits until this circle stands.

Loneliness

Loneliness shows that you like people and that a connection is missing right now. It names a closeness that matters to you.

THE QUESTION FOR YOU

Which connection do you need right now, someone to listen, to laugh, to think or to be close?

THE FIRST STEP

Write to one person who comes to mind, today. The people around you are the first step, even when it looks small.

On record: the compass for uncomfortable feelings from fifteen videos in January 2016, shown here in nine feelings.