



Feelings List - Helpful questions you can ask yourself

This form can either be completed electronically or you can print it and fill it in by hand.

iPad and iPhone users - please download the PDF to your device first, then open it.

Android users - we are working on an online version of this form which will work on all devices. In the meantime, please use a laptop or desktop if possible.

Understanding Self-Harm and Suicide
www.swlportus.co.uk

A collaboration between The Royal Borough of Kingston,
Richmond & Wandsworth Borough Councils, Croydon, Merton and Sutton.



Feelings list – questions you can ask yourself

Here you can make a list of your feelings and thoughts so that you can share it with someone who can help you, or you might want to send them it in a message?

Some of these questions might help you recognise how you're feeling.

We've made some suggestions to start you off, but add your own and write whatever you want, or add more detail.

Or you can circle ones that are how you feel if that's easier.



1. What are the main things you're struggling with / what situations do you find difficult / hard?

School / my family / exams / my body /
all feeling too much / my thoughts /
my feelings / feeling scared to go out /
my friends / being bullied / pressure /
gender identity / illness / feeling suicidal /
lack of control / high expectations /
I can't sleep

2. Try and name some of the emotions you are feeling

Angry / frustrated / scared / anxious /
fear / panic / hopelessness / depressed /
sad / heartbroken / desperate / confused /
stressed / worried / nervous / terrified /
lonely / numb / worthless /
things are pointless / ashamed / fed up

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3. And some of the thoughts ...

I hate everyone / I can't trust anyone /
I'm a bad person / I'm no good at anything /
no one likes me / I'm wrong again /
I'm always wrong / I'm stupid /
I've been insulted / I've been abandoned /
I feel cheated / nobody cares /
things won't get better / I'm a burden /
I've let myself / everyone down / I feel alone /
I feel crazy / I've got no real friends /
I hate myself / no one gets me / what's the point

4. What do these feelings and thoughts make you want to do?

I want to:

Hurt myself / hurt someone else /
run away / cry / stay at home / leave home /
kill myself / get revenge / do nothing /
sleep / avoid things / scream / shout /
be on my own / give up

5. What do you need to help you?

Someone to listen / someone to understand /
someone to tell me what to do /
someone to not tell me what to do /
time on my own / my parents /
friends to understand / I don't know /
less pressure / someone to talk to / time out

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6. What would you like people to do or say to you?

Ask what's the matter / ask me if I'm okay /
not to say are you okay / listen /
accept me as I am / trust me /
support me / notice me / care about me /
make me important / include me in things /
ask how they can help / to listen and care /
value what I say / take me seriously /
believe me

7. How would that help?

I would feel calmer /
I wouldn't feel like such a freak /
I'd be able to relax / I'd feel cared about /
I'd feel understood /
I'd stop trying to make it all okay /
I might feel less stressed /
things might be clearer /
I might feel like I can cope