

This worksheet is a simplified tool excerpted from the Transformational Language™ book series by Lee Skinner. It is intended for personal insight use only and does not replace the full teachings, context, or therapeutic process outlined in the books.

FELT Emotional Insight Worksheet

This worksheet guides you through the FELT process — a somatic method for decoding emotions, discovering inner clarity, and responding with purpose.

F — Focus

Begin by checking in with your body. Ask: “How am I feeling right now?” Then ask: “Where do I feel that in my body?” Don’t name the emotion — just locate it physically. Be literal.

E — Emotion Symbol & Submodalities

Describe the feeling using sensory traits. What color is it? What texture? Shape? Movement? Temperature? Direction? Weight? Don’t interpret — just describe what’s there.

L — Lesson

Ask: “What is this feeling trying to teach me, show me, or remind me of?” Don’t try to fix it — listen. Use symbolic language or images if they arise.

T — Turn

Once you understand the message, make an internal agreement to apply it. Then ask: “If I truly responded to this insight, how would the original emotion shift?” Test the change in imagined situations to confirm the transformation.

Use this worksheet regularly to transform emotional signals into aligned action. Clarity lives inside the signal — not outside of it.