

Emotional Stacking Worksheet

Stop the Spiral Before It Starts

1. What Triggered Me Today?

- Something small happened—but it hit hard.
- I felt brushed off, ignored, or misunderstood.

Describe the event in 1-2 sentences:

2. What Might I Be Stacking?

Think of moments in the past few days that hurt—even if they seemed small at the time.

-  I felt dismissed when: _____
-  I felt invisible when: _____
-  I felt judged or criticized when: _____
-  I told myself “don’t make it a big deal” when: _____

3. What Am I Telling Myself Now?

- “They don’t care.”
- “I always mess things up.”
- “I’m too much.”
- “No one really listens.”
- Other: _____

4. How Does My Body Feel Right Now?

- Tight chest Jaw clenched Headache
- Shaky Numb Heat rising
- Other: _____

This might be a sign I’m stacking and about to spiral.

5. Spiral Interrupt: PAUSE + PIVOT

Name what's happening:

"I think I'm reacting more because I've been holding a lot in."

Take a short break to reset.

Walk Breathe Cry Journal

Choose one healthy next step:

Say how I feel calmly

Ask for space

Write it down and return later

6. Reframe (Optional)

What might be true, even if I don't fully believe it yet?

"This hurt, but I'm allowed to speak up."

"I can have needs without exploding."

"Not everything is proof I'm unlovable."

Other: _____