

The Cloud Technique: A Simple 3-Step Exercise to Process Hard Feelings

This exercise is designed to help you pause, process, and regain control over intense emotions like anger, sadness, or jealousy. Instead of reacting impulsively, follow these three steps to gently hold space for your feelings and let them pass.

STEP 1: NAME IT – WRITE IT DOWN

Take a piece of paper or use the space below to write exactly how you're feeling.

Be honest and specific. For example: “I’m feeling really angry because I felt ignored at work today.”

How I'm feeling:

STEP 2: PUT IT OUTSIDE OF YOU – VISUALIZE AND AFFIRM

Now, draw a cloud around what you wrote (if on paper) or imagine one around it.

This symbolizes that your feeling is no longer inside of you – it's something you're holding from the outside.

Affirm to yourself:

“I have full control. This is just a cloud passing by. I’ll feel better again.”

STEP 3: LET IT PASS – GIVE IT TIME

Place this paper somewhere you can see. Let the feeling have space to breathe and pass.

Check back in later – when you feel lighter, return to it and thank yourself for the care you gave.

When ready, throw the paper away as a symbolic act of letting go.

Reminder: You are not your feelings. You are the one who can hold them.

I am here for you!

Thank you for downloading this guide. Every step you take toward emotional clarity and self-worth matters.

Have a question or want to share your reflections with me?

I'd love to hear from you! Just send a message to: info@andressamartinspsychotherapy.com

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With warmth,

Andressa