

Feel Bad.

Do This.

A practical guide for the moment your mind is loud, your body is tight, and you do not know what to do next.

WHAT THIS GIVES YOU

A way to slow one hard moment down, separate what happened from what it says about you, and choose one honest next move.

START HERE

Choose one moment. Not your whole life.

Do not use this guide to solve everything at once. Pick one recent moment that still has a grip on you.

Maybe it was a message. A look. A mistake. An argument. A silence. A rejection.

Choose the one that still tightens something when you think about it.

THE MOMENT

What happened? Keep it plain and specific. Write it as if a camera saw it.

WHY THIS ONE?

What makes this moment hard to let go of?

FIRST, FEEL IT

Before you explain it, notice it.

The feeling is real. That does not mean it tells the whole truth. Give it a moment before your mind runs away with the story.

WHERE DO YOU FEEL IT?

Chest? Throat? Gut? Jaw? Shoulders?
Behind your eyes? There is no right answer.

WHAT IS IT LIKE?

Heavy? Hot? Hollow? Tight? Shaky?
Numb? Say it in your own words.

THE FEELING IN MY BODY

Write the first honest description.

You are not trying to make it disappear here. You are trying to stop pretending it is not there.

CATCH THE SENTENCE

What is your mind saying?

There is usually one sentence hiding under the noise. Not the polite version. The real one.

WRITE IT EXACTLY

“The sentence in my head right now is...”

THE SENTENCE

Examples: “I ruined everything.” “They do not respect me.” “I will never be enough.” “I have to fix this now.”

This is an automatic thought. It gives the feeling its immediate story.

What happened is not the same as what it means about you.

The moment can be real. The conclusion about your worth may be something else.

WHAT A CAMERA COULD SEE

The message was short. They cancelled. I made an error. They did not answer yet.

THE VERDICT MY MIND ADDED

They hate me. I am incompetent. I always ruin things. I am not wanted.

You do not have to force a positive answer. Just stop calling a verdict a fact.

WHEN THINKING IS NOT ENOUGH

You can understand it and still feel trapped in it.

Sometimes you know the thought is not the whole truth. You know what you need to do. The feeling is still louder.

THE NEXT MOVE

Use the full guided KUGEL™ now.

Watch the full video, listen to the audio, or follow the written guide. Do it before you send the message, make the decision, check again, attack yourself, or try to force the feeling away.

[Open the free KUGEL™ guide →](#)

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Come back here afterwards. You are not looking for a perfect answer. You are looking for what is different now.

Check honestly.

Do not grade yourself. Do not pretend something changed if it did not. Just notice.

BEFORE

The charge felt like...

AFTER

Now I notice...

THE NEXT HONEST MOVE

What would I do now if I did not need to get rid of the feeling this second?

A small change still counts. You can return to the same issue later.

USE IT FOR A WEEK

Catch one reaction before it runs your day.

You are not trying to become a different person in seven days. You are learning to see one reaction sooner.

DAY	WHAT HIT ME?	THE SENTENCE	NEXT MOVE
1			
2			
3			
4			
5			
6			
7			

If one day goes badly, write it down anyway. This is not a performance review. It is a way to see yourself more clearly.

What rule is quietly running this reaction?

When the same kind of moment keeps turning into pressure, there is often an inner rule underneath it.

FINISH THIS SENTENCE

“I must [something] or else [something].”

THE RULE

Examples: “I must be impressive or I do not matter.” “I must not disappoint anyone or I will be rejected.”

This is not a thought you have to argue with right now. It is a clue about why ordinary moments can hit so hard.

Where have you met this rule before?

Not just this week. Across your life: relationships, work, family, school, friendship, belonging.

I HAVE MET THIS RULE BEFORE IN...

Write places, ages, or situations. You do not need a perfect story.

IT MAY HAVE TAUGHT ME...

What did the rule seem to promise or protect you from?

A USEFUL DISTINCTION

A thought is the sentence you hear right now. Source Code is the deeper learned structure that keeps making certain sentences feel true in certain moments.

Did the voice address your behaviour — or your worth?

Specific feedback can help you. A verdict on your worth cannot.

BEHAVIOUR

“You handled that badly. Repair it.”

There may be useful information here. Your dignity is still intact.

WORTH

“You always ruin everything. You are a failure.”

That is not direction. It is an attack on who you are.

THE USEFUL PART I CAN KEEP

If there is a real action to take, what is it?

THE VERDICT I DO NOT NEED TO OBEY

What identity attack can I refuse to repeat?

KEEP THIS PAGE

When the next wave comes, use this map.

1. THE FEELING

2. THE SENTENCE

3. THE FACTS

4. THE NEXT HONEST MOVE

You do not have to solve your whole life tonight.

Find the one feeling. Catch the one sentence. Take the next honest step.

WHEN YOU UNDERSTAND IT BUT STILL FEEL TRAPPED: OPEN THE FREE KUGEL™ GUIDE →

buildselfesteem.com/kugel

Free to use privately. Return to the library whenever you need more context.