A PAUSE, A PRACTICE, A NEXT STEP

Emotional Numbness

When feeling less is its own kind of distress.

Use a few words, draw, or talk this through. Skip anything that does not fit. This is an educational worksheet, not a diagnostic test or a substitute for care.

Notice without forcing

Describe the experience in simple terms: “Things feel muted today.” Avoid judging yourself for not responding the way you expected.

01 / Notice and reflect

How would I describe the numbness?

02 / Notice and reflect

When did I first notice the change?

03 / One next step

What will I try next, and what support would make it easier?

When to seek help: Seek assessment if numbness persists, worsens, affects relationships or functioning, or includes memory gaps. If it comes with hopelessness or thoughts of suicide, seek immediate support.

Read more: NIMH · Depression

More tools and immediate support: Our Healing Room / Crisis Support.

U.S. crisis support: call or text 988. In immediate danger, call 911.