

Feelings List

Use this list to identify and name what you are experiencing. Circle or highlight the words that resonate. Body sensations are listed at the bottom.

ACCEPTING / OPEN <hr/> <ul style="list-style-type: none">CalmCenteredContentFulfilledPatientPeacefulPresentRelaxedSereneTrusting	ALIVENESS / JOY <hr/> <ul style="list-style-type: none">AmazedAweBlissDelightedEagerEcstaticEnchantedEnergizedEnthusiasticExcitedFreeHappyInspiredInvigoratedLivelyPassionatePlayfulRadiantRefreshedRejuvenatedSatisfiedThrilledVibrant	ANGRY / ANNOYED <hr/> <ul style="list-style-type: none">AgitatedAggravatedBitterContemptCynicalDisdainDisgruntledEdgyExasperatedFrustratedFuriousHostileImpatientIrritatedMoodyOn edgeOutragedResentfulUpset
COURAGEOUS / POWERFUL <hr/> <ul style="list-style-type: none">AdventurousBraveCapableConfidentDaringDeterminedGroundedProudStrongWorthy	CONNECTED / LOVING <hr/> <ul style="list-style-type: none">AffectionateCaringCompassionEmpathySafeWarm	CURIOS <hr/> <ul style="list-style-type: none">EngagedExploringFascinatedInterestedIntriguedInvolvedStimulated
DESPAIR / SAD <hr/> <ul style="list-style-type: none">AnguishDepressedDespondentDisappointedDiscouragedForlornGloomyGriefHeartbrokenHopelessLonelyLongingMelancholySorrowUnhappyWearyYearning	DISCONNECTED / NUMB <hr/> <ul style="list-style-type: none">AloofBoredConfusedDistantEmptyIndifferentIsolatedLethargicListlessRemovedResistantShut DownWithdrawn	EMBARRASSED / SHAME <hr/> <ul style="list-style-type: none">AshamedEmbarrassedHumiliatedInhibitedMortifiedSelf-consciousUselessWeakWorthless

<p>FEAR</p> <p>Afraid Anxious Apprehensive Frightened Fragile Helpless Hesitant Nervous Panic Paralyzed Scared Terrified Worried</p>	<p>GRATEFUL</p> <p>Appreciative Blessed Fortunate Humbled Lucky Moved Thankful Touched</p>	<p>GUILT</p> <p>Guilty Regretful Remorseful Sorry</p>
<p>HOPEFUL</p> <p>Encouraged Expectant Hopeful Optimistic</p>	<p>POWERLESS</p> <p>Helpless Impotent Incapable Resigned Trapped</p>	<p>TENDER</p> <p>Bittersweet Reflective Self-loving Tender Vulnerable Wistful</p>
<p>STRESSED / TENSE</p> <p>Burned out Cranky Depleted Exhausted Frazzled Overwhelmed Rattled Restless Shaken Tight Worn out</p>	<p>UNSETTLED / DOUBT</p> <p>Apprehensive Concerned Dissatisfied Disturbed Hesitant Perplexed Questioning Reluctant Shocked Skeptical Suspicious Ungrounded Unsure</p>	

BODY SENSATIONS

Achy · Airy · Blocked · Breathless · Burning · Buzzy · Clammy · Clenched · Cold · Constricted · Contracted · Dizzy · Drained · Dull · Electric · Empty · Expanded · Flowing · Fluid · Fluttery · Frozen · Full · Heavy · Hollow · Hot · Icy · Jumpy · Knotted · Light · Loose · Nauseous · Numb · Pounding · Prickly · Pulsing · Queasy · Relaxed · Shaky · Shivery · Slow · Soft · Sore · Spacious · Sparkly · Stiff · Still · Sweaty · Tender · Tense · Throbbing · Tight · Tingling · Trembly · Vibrating · Warm · Wobbly