

FEELING YOUR FEELINGS

Lists to help you identify and define your emotions.

IDENTIFY

When it is hard to identify the emotions you are feeling, use this list to help you out.

Calm	Nervous	Guilt
Content	Panic	Grief
Fulfilled	Worried	Belonging
Peaceful	Delighted	Helpless
Present	Sorry	Angry
Relaxed	Grateful	Apathetic
Agitated	Optimistic	Capable
Bitter	Trusting	Confident
Frustrated	Incapable	Relieved
Furious	Trapped	Determined
Impatient	Love	Enthusiastic
Irritated	Vulnerable	Rejected
Pissed	Anxious	Motivated
Resentful	Overwhelm	Hurt
Upset	Alone	Insecure
Depressed	Concern	Empathy
Disappointed	Curious	Jealous
Discouraged	Reluctant	Joy
Hopeless	Shock	Surprise
Lonely	Excitement	Regret
Sad	Energized	Humiliated
Unhappy	Happy	Scared
Yearning	Inspired	Afraid
Bored	Passionate	Nervous
Confused	Uncomfortable	Panic
Removed	ble	Worried
Lethargic	Hateful	Distracted
Uneasy	Mad	Ashamed

DEFINE

Let's get more specific - How is the emotion presenting itself in your body?

Where are you feeling the emotion in your body?

Stomach	Neck	Legs
Eyes	Face	Abdomen
Jaw	Chest	Back
Hands	Toes	Feet
Sides	Butt	Head

Is it...

Hard or Soft?	Smooth or Shaky?
Fast or Slow?	Warm or Cold?
Heavy or Light?	Empty or Full?
Tight or Loose?	Loud or Quiet?
Moving or Stuck?	Big or Small?

Here are some additional descriptive words that might help:

Drained	Jumpy	Tingling
Dull	Knotted	Spacious
Electric	Numb	Still
Flowing	Prickly	Sweaty
Vibrating	Radiating	Itchy
Rigid	Tender	
