



## FEELINGS

We introduce the importance of paying attention to our emotions. Certain attitudes will make it difficult for you to participate more fully into each Session experience.

We also use the word 'emotion' because we know the word 'feeling' is often misunderstood. Someone asks us, "How do you feel about that?" and we begin our answer with, "I think that etc.", and we start giving our opinions, usually because that is what the questioner asked when he used the words "feel about". It's very difficult to break out of this mind-set and we can be blocked because we are not expressing emotional reactions but opinions about things.

I have a physical life, an intellectual life, a spiritual life -- I also have an emotional life. Of course, all of these parts of me are not entirely distinct from one another; they are all part of who I am. However, if I neglect to cultivate any one part then I am less than I could be -- to become more whole I must try to look at all aspects of who I am, and the emotional aspect is one part of me that is often ignored.

An emotion is a spontaneous inner reaction to a person, place or situation. It is the feeling that I have within me when I come into contact with something outside of myself, or even with a thought that I have.

There is no morality attached to my emotions; difference between expressing my emotions and acting them out.

I may think of my summer vacation - I remember the quiet peaceful lake, the warm sunshiny days, the quiet and the rest - these thoughts, these memories may provoke a feeling of peacefulness within me. That is my emotional reaction - I feel peaceful.

Below are lists of feeling words. You should use these throughout the Sessions. For most of us, it's difficult to identify feelings when we're not used to it. You might choose to print these as a reference to use during the Sessions.

Physical sensations are not emotions. Being tired or hungry, etc. are not emotions - they may have emotions attached to them but in themselves they are not emotions.

The "I think versus I feel rule" is: if in a sentence I can replace the words "I feel" with the words "I think" and the sentence still makes sense, what you have expressed is a thought, not an emotion.

Sometimes we might use a word like "happy" to describe many different emotions. I use the same word "happy" when what I really want to say is satisfied or ecstatic, or pleased, or content, etc. It's important to try to find the right word for my emotion so that I can better share.

Surface feelings can often mask deeper, stronger, more vulnerable ones, e.g. anger can often mask hurt, rejection, disappointment, fear, etc. Often it's like peeling an onion. Below the first layer of skin is another layer. To get to the second layer you have to take off the first layer.

Choose in the list of feelings the word or words that best describes how you feel now? Please write them down. Describe physical sensations, if possible. Try to use an image or comparison. Describe my feelings as fully as I can.

- Feelings help reveal who I am and often why I act the way I do.
- Our suppressed feelings have an effect on our lives. Emotions are a gift from God - they are present for a reason. Expression not ventilation.
- People may think alike in the same situation but their feelings can be very different.
- We grow more when we share feelings than when we share thoughts.

There remains the absolute necessity of putting these distractions away.

- Intellectualizing. Analysing.
- Unemotional person: Masculine, macho image - Women are not excluded from this distraction.



***Fear Based Feelings***

Aggressive  
Agitated  
Alarmed  
Alienated  
Aloof  
Angry  
Anguished  
Annoyed  
Antagonistic  
Anxious  
Apathetic  
Apprehensive  
Ashamed  
Assertive  
Bewildered  
Bitter  
Blue  
Bored  
Bothered  
Bruised  
Burned Out  
Cautious  
Concerned  
Cross  
Crushed  
Defeated  
Dejected  
Desperate  
Detached  
Disappointed  
Discouraged  
Disheartened  
Disillusioned  
Disinterested  
Dismayed  
Disoriented  
Dispirited  
Displeased  
Dissatisfied  
Distant  
Distressed  
Distrustful  
Disturbed  
Doubtful  
Down  
Downcast  
Dumbfounded

Empty  
Embarrassed  
Enraged  
Exasperated  
Exhausted  
Fatigued  
Fearful  
Frantic  
Frightened  
Frustrated  
Furious  
Gloomy  
Grieved  
Heartbroken  
Heartsick  
Helpless  
Hesitant  
Hopeless  
Hostile  
Humiliated  
Incensed  
Indignant  
Injured  
Insecure  
Irritated  
Lifeless  
Listless  
Lonely  
Lost  
Lukewarm  
Mad  
Miserable  
Mistaken  
Mixed Up  
Mournful  
Nervous  
Offended  
Panicky  
Paralyzed  
Perplexed  
Pessimistic  
Powerless  
Preoccupied  
Provocative  
Provoked  
Re-Enforced  
Rebellious

Regretful  
Resentful  
Reserved  
Restless  
Rushed  
Sad  
Scared  
Sensitive  
Shy  
Sorrowful  
Stubborn  
Suspicious  
Tense  
Terrified  
Threatened  
Tormented  
Tortured  
Uncaring  
Uncertain  
Unconcerned  
Uneasy  
Unfortunate  
Unhappy  
Unresponsive  
Unsure  
Upset  
Vulnerable  
Weak  
Weary  
Wounded

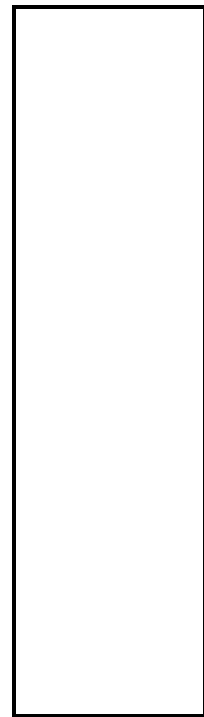


**Love Based Feelings**

Affectionate  
Amazed  
Amused  
Animated  
Aroused  
Attentive  
Attracted  
Awesome  
Blessed  
Brave  
Calm  
Caring  
Certain  
Challenged  
Cheerful  
Close  
Comfortable  
Comforted  
Confident  
Content  
Convinced  
Courageous  
Curious  
Daring  
Delighted  
Determined  
Dynamic  
Eager  
Ecstatic  
Edgy  
Elated  
Empowered  
Encouraged  
Energetic

Engrossed  
Enthusiastic  
Excited  
Fascinated  
Forgiven  
Fortunate  
Free  
Gentle  
Glad  
Harmonious  
Hopeful  
Impressed  
Impulsive  
Inquisitive  
Inspired  
Interested  
Intrigued  
Joyful  
Liberated  
Lighthearted  
Lively  
Loved  
Loving  
Lucky  
Moved  
Optimistic  
Overjoyed  
Peaceful  
Perceptive  
Playful  
Pleasant  
Pleased  
Powerful  
Protected

Reassured  
Receptive  
Refreshed  
Reinforced  
Relaxed  
Relieved  
Responsive  
Safe  
Satisfied  
Secure  
Steady  
Stimulated  
Sure  
Sympathetic  
Tender  
Thankful  
Thrilled  
Touched  
Tranquil  
Trusting  
Understanding  
Understood  
Warm  
Wonderful





## *Judgment Based 'Feelings'*

Accepted  
Appalled  
Appreciated  
Approved  
Capable  
Deprived  
Excellent  
Guilty  
Important  
Inadequate  
Incapable  
Inferior  
Innocent  
Insulted  
Intimidated  
Let Down  
Manipulated  
Neutral  
Patient  
Rejected  
Reliable  
Skeptical  
Superior  
Tough  
Unimportant  
Used  
Useless  
Worthless