



EMOTIONS

It has been said that, like fingerprints, no two people are alike. But how do we figure out who we are? An important part of that process is emotional awareness. Our emotions are like a form of personal logic—they help us figure out what is right for us. Whether it’s what we do for a living, who we choose to spend time with, or other life decisions, our emotional reactions help us to figure out what the right personal choices are. If you think of your life as a path you are walking, emotional awareness helps keep you on the right path, like a map and compass. The more you ignore your emotions, the more likely you are to drift from your right path.

Emotions help us personally relate to any particular experience or event. What matters in life is not what happens to us, but how we *feel* about what happens to us. Different people may experience the same situation very differently which is why being emotionally aware is a vital part of being self-aware. There are no “bad” or “negative” emotions—all have value and need to be considered. Some are just more comfortable than others. We can use our emotional responses to better understand ourselves and what the right decisions are for us.

We are continually having changing emotional responses throughout the day, regardless of whether we are aware of them. Likewise, our emotional responses are continually changing and shifting throughout the day. Often we are having multiple emotional reactions at the same time, sometimes even seemingly “contradictory” emotions. All are relevant and worthy of consideration. We always have good reasons for our emotions, even if we don’t always understand why we are having the emotional response that we are. That being said, emotions are not always ‘rational’ or ‘logical’. By noticing and naming our emotional experiences we can make better and more informed decisions about how to respond to any situation we might be in.

For people prone to anger and abuse problems, it is important to examine anger-related emotional responses more carefully. Often, but not always, anger is another emotion plus blame. If that’s the case, it’s important to identify and sit with the emotions behind the anger. They are more relevant and closer to the truth, rather than blaming others or situations for the emotion.

Glad

| | | | | | |
|--------------|---------------|--------------|---------------|-------------|-------------|
| Accepting | Comfortable | Engaged | Grateful | Lucky | Rejuvenated |
| Affirmed | Compassionate | Engrossed | Gratified | Merry | Relieved |
| Agreeable | Confident | Enlivened | Grounded | Mischievous | Renewed |
| Alive | Connected | Enthralled | Happy | Moved | Restored |
| Amazed | Content | Enthusiastic | Honored | Open | Revived |
| Ambitious | Courageous | Equanimeous | Hopeful | Optimistic | Safe |
| Amused | Curious | Excited | Humbled | Passionate | Satisfied |
| Appreciative | Daring | Exhilarated | In synch | Peaceful | Secure |
| At ease | Delighted | Exuberant | Intrigued | Playful | Serene |
| At home | Desire | Fascinated | Invigorated | Pleased | Solid |
| Awed/in awe | Determined | Flattered | Joy/joyful | Positive | Strong |
| Bemused | Eager | Focused | Jubilant | Productive | Surprised |
| Blissful | Ecstatic | Fortunate | Keen | Proud | Thrilled |
| Caring | Elated | Fulfilled | Light | Pumped | Tender |
| Cheerful | Enchanted | Giddy | Light-hearted | Rapturous | Thankful |
| Centered | Encouraged | Glad | Loving | Receptive | Tickled |

| | | | | |
|----------|-----------|---------|-----------|--------|
| Touched | Trusting | Vibrant | Whimsical | Wonder |
| Tranquil | Validated | Warm | Wistful | |

Afraid

| | | | | | |
|--------------|-------------|-------------|----------------|---------------|------------|
| Aghast | Dread | Intimidated | Perplexed | Startled | Uneasy |
| Agitated | Edgy | Isolated | Petrified | Stunned | Unsafe |
| Agog | Fearful | Jittery | Pressured | Surprised | Unsure |
| Alarmed | Flooded | Jumpy | Rattled | Suspicious | Uptight |
| Ambivalent | Frazzled | Leery | Reluctant | Tentative | Vulnerable |
| Anxious | Freaked out | Mistrustful | Reserved | Tenuous | Wary |
| Apprehensive | Frightened | Nervous | Restless | Tense | Worried |
| Awkward | Frozen | On edge | Scared | Terrified | Wound up |
| Bashful | Guarded | Overwhelmed | Self-conscious | Timid | |
| Bewildered | Hesitant | Panic | Shaken | Torn | |
| Cautious | Horrificed | Paralyzed | Shocked | Triggered | |
| Concerned | Inhibited | Paranoid | Shy | Uncertain | |
| Confused | Insecure | Pensive | Spooked | Uncomfortable | |

Sad

| | | | | | |
|------------|--------------|-------------|---------------|-------------|-------------|
| Aching | Deflated | Distant | Heavy | Lethargic | Small |
| Adrift | Dejected | Distraught | Heavy hearted | Lifeless | Somber |
| Agony | Demoralized | Distressed | Helpless | Listless | Sorrowful |
| Alienated | Depleted | Dour | Hollow | Lonely | Stunned |
| Alone | Depressed | Down | Hopeless | Longing | Troubled |
| Anguish | Desolate | Downcast | Horrible | Lost | Unhappy |
| Apathetic | Despair | Drained | Humbled | Meh | Unsatisfied |
| Ashamed | Despondent | Dreary | Hurt | Melancholy | Upset |
| Bereaved | Detached | Emotional | Impotent | Miserable | Weak |
| Blah | Devastated | Empty | Inadequate | Mournful | Wistful |
| Blue | Disappointed | Foolish | Incompetent | Needy | Withdrawn |
| Bummed | Disbelief | Forlorn | Inconsolable | Nostalgic | Worn down |
| Bummed out | Discontented | Fragile | Indifferent | Overwhelmed | Worn out |
| Burned out | Discouraged | Gloomy | Ineffective | Pained | Wounded |
| Crummy | Disheartened | Grief | Inept | Pining | Wretched |
| Crushed | Dismal | Grim | Inferior | Regretful | |
| Dark | Dismayed | Guilty | Insignificant | Resigned | |
| Defeated | Dissatisfied | Heartbroken | Let down | Sentimental | |

Mad

| | | | | | |
|--------------|--------------|-------------|------------|-----------|------------|
| Aggravated | Cranky | Embittered | Heated | Irritable | Ticked off |
| Angry | Cross | Enraged | Hot | Irritated | Upset |
| Animosity | Disappointed | Exasperated | Impatient | Livid | Vengeful |
| Annoyed | Disdainful | Fed up | Incensed | Offended | Vexed |
| Appalled | Disgruntled | Flummoxed | Indignant | Outraged | Wrathful |
| Apoplectic | Disgusted | Frustrated | Inflamed | Pissed | |
| Bitter | Dismayed | Furious | Infuriated | Rage | |
| Cantankerous | Displeased | Grumpy | Irate | Repulsed | |
| Contempt | Disturbed | Hateful | Irked | Resentful | |



Other

| | | | | | |
|------------|---------------|-------------|--------------|-------------|------------|
| Absorbed | Challenged | Doubtful | Interested | Perplexed | Stimulated |
| Adrift | Certain | Dubious | Intrigued | Pessimistic | Stuck |
| Aloof | Complacent | Dumbfounded | Jealous | Preoccupied | Surprised |
| Ambivalent | Confused | Embarrassed | Mixed up | Puzzled | Suspicious |
| Ashamed | Curious | Engaged | Mortified | Remorseful | Torn |
| Baffled | Dazed | Enthralled | Mystified | Sensitive | Uncertain |
| Bewildered | Disbelieving | Envious | Obsessed | Skeptical | Unsettled |
| Bored | Disinterested | Fascinated | Out of it | Spacey | Vulnerable |
| Captivated | Disoriented | Guilty | Out of synch | Spellbound | |
| Chagrin | Distracted | Humbled | Pensive | Startled | |

Physical Symptoms

| | | |
|--------------------|----------------------|-------------------------------|
| <u>Low</u> | <u>Medium</u> | <u>High</u> |
| Dry mouth | Tight chest | Heart racing |
| Gasping | Flushed | Tearfulness |
| Energized | Warm | Shallow breathing |
| Reduced energy | Pressured | Holding breath |
| Irregular breath | Butterflies | Fingers tingling |
| Increased appetite | Light | Nausea |
| Stomach rumbling | Heavy | Sweaty palms |
| Relaxed | Tense | Loss of appetite |
| Loose | Lump in throat | Stomach drop |
| Vigilant | Clenched teeth | Knots in stomach |
| Yawning | Muscular tightness | Hot |
| Slow breathing | Headache | Agitated |
| Release of breath | Chills | Tunnel vision |
| Restless | Alert | See red |
| | Clenching muscles | Time slows down/‘slow motion’ |
| | | Racing thoughts |
| | | Blank mind |
| | | Numb |
| | | Not feeling good |

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