

**Breathing in and out gently, invite yourself to open to feelings as they arise.**

Take your time getting to know each feeling, as if it were a new friend who could share with you a whole new world, if you can learn their language.

Gently set aside any fascination with the apparent trigger or object of the feeling.

Explore the feeling itself, with an attitude of learning everything about it.

- What sensations arise with each feeling? Explore their locations, qualities, & movements.
- What stories arise with each feeling? What is the energy and tone of each story's voice?
- How does the world look, and what do you tend to do, when each feeling arises?

How might you begin to relate to each feeling as a treasured, life-long friend?

Adventurous	Cool	Exuberant	Joyous	Sad
Affectionate	Cross	Fascinated	Jubilant	Safe
Afraid	Curious	Fatigued	Lazy	Satisfied
Aggravated	Dazzled	Fearful	Lethargic	Scared
Agitated	Delighted	Fond	Liberated	Secure
Alert	Depressed	Forlorn	Listless	Serene
Alive	Despairing	Frightened	Lonely	Shocked
Aloof	Despondent	Frustrated	Mad	Skeptical
Amazed	Detached	Fulfilled	Mean	Sleepy
Amorous	Disappointed	Furious	Melancholy	Sorrowful
Amused	Disconnected	Giddy	Miserable	Spacious
Angry	Discouraged	Glad	Mopey	Spellbound
Annoyed	Disenchanted	Gleeful	Morose	Spent
Anxious	Disgruntled	Gloomy	Moved	Spiritless
Apathetic	Disgusted	Glorious	Nervous	Startled
Appalled	Disheartened	Grateful	Optimistic	Stimulated
Appreciative	Disinterested	Grief-stricken	Overwhelmed	Stunned
Apprehensive	Dismayed	Guilty	Pained	Surprised
Aroused	Displeased	Happy	Panicky	Suspicious
Ashamed	Distressed	Hateful	Passionate	Tender
Astonished	Disturbed	Heavy	Passive	Terrified
Astounded	Dreadful	Hopeful	Peaceful	Thankful
Awake	Dull	Horrible	Perky	Thrilled
Awed	Eager	Horrificed	Perplexed	Tired
Bad	Ebullient	Hot	Pleased	Touched
Bewildered	Ecstatic	Humbled	Proud	Tranquil
Bitter	Edgy	Humdrum	Puzzled	Troubled
Blah	Elated	Hurt	Quiet	Uncomfortable
Blase	Embarrassed	Impatient	Radiant	Uneasy
Blissful	Enchanted	Incensed	Rancorous	Unglued
Blue	Encouraged	Indifferent	Rapturous	Unhappy
Bored	Energetic	Inquisitive	Refreshed	Unsteady
Buoyant	Engrossed	Insecure	Regretful	Upbeat
Calm	Enlivened	Inspired	Rejuvenated	Uplifted
Chagrined	Enraged	Insulted	Relaxed	Upset
Cheerful	Enthralled	Intense	Relieved	Uptight
Cold	Enthusiastic	Intrigued	Reluctant	Vengeful
Comfortable	Envious	Invigorated	Remorseful	Vexed
Concerned	Exasperated	Irate	Repelled	Warm
Confident	Excited	Irked	Resentful	Weary
Confused	Exhausted	Irritated	Rested	Woeful
Contented	Exhilarated	Jealous	Restless	Worried
Contrite	Expansive	Jittery	Restored	Zestful