

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

