

EMOTIONS CHART

Observing feelings like a cloud spotter

Your Needs are Unmet- Feelings

Afraid- dread, frightened, panicked, petrified, scared, worried

Annoyed- disgruntled, exasperated, frustrated, impatient, irritated, irked

Angry- enraged, furious, irate, livid, resentful

Aversion- animosity, appalled, dislike, hate, hostile, horrified

Confused- ambivalent, dazed, lost, torn, perplexed

Disconnected- alienated, bored, cold, detached, distant, numb

Disquiet- agitated, disturbed, perturbed, rattled, startled, upset

Embarrassed- ashamed, flustered, guilty, mortified, self-conscious

Fatigue- beat, burnt out, exhausted, sleepy, tired, weary

Pain- agony, devastated, grief, hurt, lonely, miserable, regretful

Sad- depressed, dejected, despair, forlorn, gloomy, hopeless

Tense- anxious, cranky, distressed, edgy, frazzled, irritable, stressed-out

Yearning- envious, jealous, longing, nostalgic, pining, wistful

You Needs are Satisfied-

Feelings

Open- confident, connected, sympathetic, interested, satisfied, friendly.

Loving- considerate, affectionate, sensitive, tender, loved, caring.

Happy- blissful, joyous, delighted, gleeful, thankful, ecstatic, mellow.

Interested- fascinated, intrigued, inquisitive, curious, amazed, attentive

Alive- playful, courageous, energetic, optimistic, frisky, spirited, funny.

Positive- eager, keen, inspired, brave, hopeful, beautiful, creative, spunky

Peaceful- calm, good, comfortable, content, quiet, relaxed, balanced

Strong- reliable, tenacious, secure, honest, excellent, complete, solid

Relaxed- glowing, radiant, smiling, grounded, open-minded, trusting, light





SENSATION CHART

Common Sensations

Tender
Sensitive
Bruised
Achy
Sore
Tense
Tight
Nauseous

Ugh & Blah Sensations

Hold Still, Please Sensations

Shaky
Trembly
Throbbing
Pounding
Fluttery
Shivery

Pain Sensations

Nerve Sensations

Prickly
Electric
Tingling
Nervy
Twitchy
Burning
Radiating
Buzzy
Itchy

Wellbeing & Happy Sensations