



Awareness of FEELINGS

Distinguishing Feelings from Thoughts

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Feelings are our barometers to tell us whether our needs are being met or not. If we are experiencing pleasurable feelings (e.g. joy, relieved, calm), our present need is being met. If we are experiencing painful feelings (e.g. disappointment, frustration, sadness), our present need is not being met.

As long as we are alive, we are always experiencing feelings, regardless of whether we are aware of them or not. Our feelings are dynamic, often changing every few seconds. By training ourselves to be more mindful of our feelings and more aware of the nuances of feelings, we gain a greater understanding of and connection with ourselves.

Feelings When Needs ARE Met

AFFECTIONATE	EXCITED	HOPEFUL	JOYFUL
Compassionate	Amazed	Expectant	Amused
Friendly	Animated	Encouraged	Delighted
Loving	Ardent	Optimistic	Glad
Open hearted	Aroused	INSPIRED	Happy
Sympathetic	Astonished	Amazed	Jubilant
Tender	Dazzled	Awed	Pleased
Warm	Eager	Wonder	Tickled
	Energetic	REFRESHED	PEACEFUL
ENGAGED	Enthusiastic	Enlivened	Calm
Absorbed	Giddy	Rejuvenated	Clear headed
Alert	Invigorated	Renewed	Comfortable
Curious	Lively	Rested	Centered
Engrossed	Passionate	Restored	Content
Enchanted	Surprised	Revived	Fulfilled
Entranced	Vibrant	GRATEFUL	Mellow
Fascinated	EXHILARATED	Appreciative	Quiet
Gratitude	Blissful	Moved	Relaxed
Interested	Ecstatic	Thankful	Relieved
Intrigued	Elated	Touched	Satisfied
Involved	Enthralled	CONFIDENT	Serene
Spellbound	Exuberant	Empowered	Still
Stimulated	Radiant	Open	Tranquil
	Rapturous	Proud	Trusting
	Thrilled	Safe	

Exercises to Build Awareness of Feelings ...

1. Read over the entire feelings list slowly—out loud if you are comfortable doing so—pausing at least 5 or 10 seconds on each feeling.

2. Pick a feeling from the list and spend at least 1 or 2 minutes to experience each of the following ...

... remember a time when you felt that feeling ...

... notice any body sensations within you ...

... express the feeling through body movement and sound ...

Feelings When Needs are NOT Met

ANNOYED

Aggravated
Dismayed
Disgruntled
Displeased
Exasperated
Frustration
Impatient
Irritation
Irrked

ANGRY

Enraged
Furious
Incensed
Indignant
Irate
Livid
Outraged
Resentful

DISGUSTED

Animosity
Appalled
Contempt
Dislike
Hate
Horrorified
Hostile
Repulsed

EMBARRASSED

Ashamed
Chagrined
Flustered
Guilty
Mortified
Self-conscious

UNEASY

Agitated
Alarmed
Discombobulated
Disconcerted
Disturbed
Perturbed
Rattled

RESTLESS

Shocked
Startled
Surprised
Troubled
Turbulent
Turmoil
Uncomfortable
Unnerved
Unsettled
Upset

DETACHED

Alienated
Aloof
Apathetic
Bored
Cold
Closed Hearted
Distant
Distracted

INDIFFERENT

Indifferent
Numb
Uninterested
Withdrawn

TENSE

Anxious
Cranky
Distressed
Distraught
Edgy
Fidgety

FRAZZLED

Irritable
Jittery
Nervous
Overwhelmed
Restless
Stressed out

TIRED

Beat
Burnt out
Depleted
Exhausted
Lethargic
Listless
Sleepy
Weary
Worn out

VULNERABLE

Fragile
Guarded
Helpless
Insecure
Leery
Reserved
Sensitive
Shaky

AFRAID

Apprehensive
Dread
Frightened
Mistrustful
Panicked
Petrified
Scared
Suspicious
Terrified
Wary
Worried

PAIN

Agony
Anguish
Bereaved
Devastated
Grief
Heartbroken
Hurt
Lonely
Miserable
Regretful
Remorseful

SAD

Depressed
Despair
Despondent
Disappointment
Discouraged
Disheartened
Forlorn
Gloomy
Heavy hearted
Hopeless
Melancholy
Unhappy
Wretched

YEARNING

Envious
Jealous
Longing
Nostalgic
Pining
Wistful

Feelings vs. Thoughts

Authentic feelings emanate from the "heart"—they express vulnerability. Our language, however, enables us to use the word "feel" when we are actually expressing thoughts, not feelings. For example: *"I feel like you aren't telling the truth."* (thought)
Translated: *"I think you aren't telling the truth."*
"I feel inadequate to raise my children." (perception of ourselves)
Translated: *"I think I am inadequate to raise my children."*
"I feel abandoned." (perception of what others are doing to us)
Translated: *"I think that you have abandoned me."*

Other examples of thoughts that sound like feelings:

- Neglected
- Manipulated
- Abused
- Misunderstood
- Mistreated
- Unappreciated
- Betrayed
- Taken for granted
- Disrespected
- Bullied
- Put down
- Violated
- Insulted
- Victimized