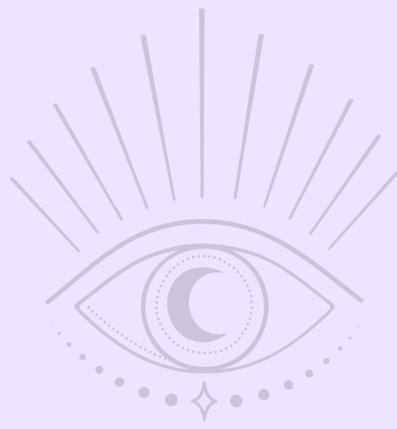




Getting to know
My Emotions



Created by
@wise.souls.mentor©



Who is this guide for?

Many of us didn't grow up knowing how to identify, name & express our emotions verbally because we weren't raised in emotionally aware and sensitive environments. If this is your case, now as a grown-up, it may be challenging for you to communicate with others what you are really experiencing.

This guide was created to help you learn about the different emotions and bodily sensations that you experience on a daily basis, with the hope of supporting your ability to express yourself and your needs more authentically.

High Frequency Feelings

- Accepting
- Open
- Calm
- Centered
- Content
- Fulfilled
- Patient
- Peaceful
- Present
- Relaxed
- Serene
- Trusting
- Joyful
- Alive
- Amazed
- Bliss
- Delighted
- Eager
- Ecstatic
- Enchanted
- Energized
- Engaged
- Enthusiastic
- Excited
- Free
- Happy
- Inspired
- Invigorated
- Lively
- Passionate
- Radiant
- Refreshed
- Rejuvenated
- Renewed
- Satisfied
- Thrilled
- Vibrant
- Courageous
- Powerful
- Adventurous
- Brave
- Capable
- Confident
- Daring
- Determined

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High Frequency Feelings

- Grateful
- Appreciative
- Blessed
- Fortunate
- Grace
- Humbled
- Lucky
- Moved
- Thankful
- Touched
- Hopeful
- Encouraged
- Expectant
- Optimistic
- Tender
- Proud
- Strong
- Worthy
- Accepting
- Affectionate
- Caring
- Compassion
- Empathy
- Safe
- Warm
- Curious
- Fascinated
- Interested
- Intrigued
- Involved
- Loving
- Reflective
- Vulnerable
- Self-loving
- Encouraged
- Playful
- Grounded
- Awe
- Stimulated
- Calm

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Low Frequency Feelings

- Angry
- Annoyed
- Agitated
- Aggravated
- Bitter
- Cynical
- Disdain
- Edgy
- Disturbed
- Exasperated
- Frustrated
- Furious
- Hostile
- Impatient
- Irritated
- Impatient
- Furious
- Moody
- On edge
- Pissed
- Upset
- Resentful
- Outraged
- Vindictive
- Despair
- Sad
- Anguish
- Depressed
- Discouraged
- Gloomy
- Hopeless
- Disappointed
- Grief
- Heartbroken
- Lonely
- Longing
- Melancholy
- Sorrow
- Teary
- Unhappy
- Weary
- Yearning
- Disconnected
- Numb
- Aloof

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Low Frequency Feelings

- Bored
- Confused
- Distant
- Empty
- Indifferent
- Isolated
- Lethargic
- Removed
- Resistant
- Shut down
- Uneasy
- Withdrawn
- Embarrassed
- Shame
- Humiliated
- Inhibited
- Mortified
- Self-conscious
- Useless
- Weak
- Worthless
- Fear
- Afraid
- Anxious
- Apprehensive
- Frightened
- Hesitant
- NervousPanic
- Paralyzed
- Scared
- Terrified
- Worried
- Fragile
- Helpless
- Sensitive
- Guilt
- Regret
- Remorseful
- Sorry
- Powerless
- Impotent
- Incapable
- Resigned
- Trapped
- Victim

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Low Frequency Feelings

- Stressed
- Tense
- Burned out
- Cranky
- Depleted
- Overwhelm
- Rattled
- Rejecting
- Restless
- Shaken
- Tight
- Worn out
- Unsettled
- Concerned
- Dissatisfied
- Hesitant
- Perplexed
- Questioning
- Reluctant
- Shocked
- Skeptical
- Suspicious
- Ungrounded
- Unsure
- Disgust
- Doubt

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Bodily Sensations

Achy	Electric	Jumpy
Airy	Empty	Knotted
Blocked	Expanded	Light
Breathless	Flowing	Loose
Bruised	Fluid	Nauseous
Burning	Fluttery	Numb
Buzzy	Frozen	Pain
Clenched	Full	Pounding
Cold	Gentle	Pulsing
Constricted	Hard	Radiating
Contained	Heavy	Relaxed
Contracted	Hollow	Releasing
Dizzy	Hot	Rigid
Drained	Icy	Sensitive
Dull	Itchy	Settled

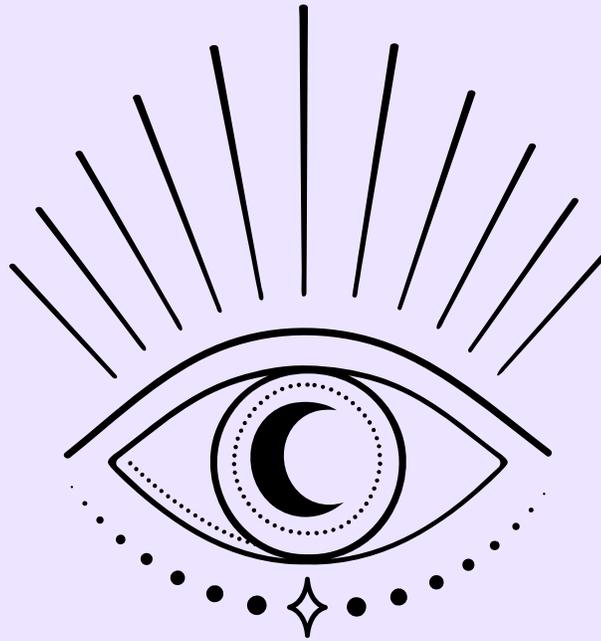
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Bodily Sensations

Shaky	Suffocated
Shivery	Sweaty
Slow	Tender
Smooth	Tense
Soft	Throbbing
Sore	Tight
Spacey	Tingling
Spacious	Trembly
Sparkly	Vibrating
Stiff	Warm
Still	Wobbly

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