

Emotional Check-in

At periodic times throughout your day OR when a feeling arises –

1. Stop, breathe, give it your full attention – be present.
2. Label three feelings you can feel
 - If you stuff it back down, it will come up bigger, stronger, larger than now. (We stuff feelings down by eating, drinking, smoking, watching T.V., reading, constant activity etc.)
 - Unexpressed feelings = depression or physical illness.

By checking in with our emotions regularly throughout the days, we value ourselves by validating how we feel.

We also assist better emotional regulation which can help us to create "psychological distance" from ourselves (helps us to watch our thoughts and know that they are our thoughts (that can often be negative) but they aren't "truths" - they're just thoughts.

Thursday I feel...			
Friday I feel...			
Saturday I feel...			
Sunday I feel...			
Monday I feel...			
Tuesday I feel...			
Wednesday I feel...			

Some Words That Convey Feelings page 48

Fear/Anxiety

horrified
dreadful
intimidated
pressured
edgy
trembling
shy
contracted
panicky
paralysed
afraid
threatened
uptight
jittery
hesitant
agitated
distraught
terrified
hysterical
desperate
apprehensive
nervous
worried
tense
freaked-out
frightened

Feeling Words:

shaky
constricted
crampy
hot
knotted
dull
heavy
tingly
jumpy
tense
hard
warm
bubbly
sticky
sick
cold
frozen

jittery
pressure
light
achy
ragged
nauseous

Guilt/Shame:

humiliated
ashamed
small
embarrassed
guilty
remorse
exposed
regretful

Angry:

enraged
hateful
resentful
perturbed
irritated
peed-off
furious
bitter
disgusted
dismayed
impatient
aggravated
infuriated
hostile
annoyed
irked
frustrated

Sad:

discouraged
anguish
hopeless
miserable
sorrow
blue
sorry
melancholy
despair
bleak
upset

tearful
down
heavy
grief
dejected
distressed
wistful
horrible
disappointed
despondent

Lonely:

abandoned
alone
removed
bored
longing
isolated
cut-off
left-out
distant
desirous
disconnected
estranged
aloof
lonesome
alienated

Hurt:

betrayed
abused
devastated
used
minimised
unappreciated
crushed
depreciated
devalued
wounded
pained
anguished
neglected

Contented:

enthusiastic
thrilled
elated
euphoric

cheerful
glad
fine
serene
tranquil
balanced
fulfilled
ecstatic
enthralled
excited
delighted
pleasure
good
wonderful
quiet
relaxed
alive
satisfied
blissful
amused
open
happy
free
gratified
confident
at peace
centred
relieved

Connected:

tenderness
intimate
caring
warmth
concern
in touch
supported
gratitude
compassion
love
devotion
respect
like
friendly
accepted
nourished
affection
cherish

closeness
trust
in contact
united
appreciated
kindness
pleased
enlightened
encouraged
empowered
inspired
prepared
delighted

Others:

uncomfortable
disorientated
perplexed
jealous
tired
fatigued
distrustful
astonished
inspired
powerless
weak
troubled
discomforting
overwhelmed
worn-out
giddy
wonder
courageous
helpless
puzzled
envious
doubtful
exhausted
lethargic
curious
surprised
stimulated