

Sender Tips

Connect with How I Feel

1. For now, **set aside what I think** and focus on **how I feel**.
2. **Feelings just are—they are data.** I'm **not wrong, defective, or immoral to feel or acknowledge** them.
3. Choose words from the **Feelings Vault** and **say them out loud**. Choose as many as I want.
4. Notice **conflicting feelings**. *I feel sad, but also grateful.*
5. Be **curious about my feelings**. **Be kind**, not dismissive.
6. Notice if a feeling **intensifies when I name it**.

Share How I Feel

1. Be **considerate** of the situation, & the listener's time & capacity.
2. Share to my level of comfort and **vulnerability**.
3. **Use the Open the Vault prompt** to name one or more feelings and the associated event—just the **headline—focusing on the feelings**, not the backstory.
4. **Allow space** for the listener to absorb & ask gentle questions.
5. **Pause and be curious** if the listener stops listening (notice body language).
6. **Respond kindly** if they don't listen well.

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Affirmed	Accepted	Heard						
Calm	Affirmed	Honored						
Cared for	Alive	Hopeful						
Comfortable	Brave	Included	Ambivalent					
Comforted	Celebrated	Inspired	Baffled					
Content	Cheerful	Known	Bewildered	Aggressive	Indignant	Abandoned	Dissatisfied	Low
Curious	Cherished	Loved	Chaotic	Annoyed	Infuriated	Appalled	Down	Melancholy
Prepared	Confident	Optimistic	Confused	Betrayed	Irate	Awful	Downhearted	Mournful
Protected	Connected	Playful	Curious	Bitter	Irked	Bittersweet	Empty	Neglected
Reassured	Courageous	Pleased	Dazed	Bothered	Irritated	Blue	Forsaken	Out of place
Relaxed	Creative	Proud	Distracted	Bristling	Jealous	Compassionate	Fragile	Outcast
Relieved	Delighted	Refreshed	Doubtful	Burned Up	Let down	Concerned	Gloomy	Pity
Restful	Ecstatic	Respected	Flustered	Cheated	Mad	Crushed	Glum	Remote
Safe	Empowered	Restored	Fragmented	Disconnected	Outraged	Cut-off	Grieved	Removed
Satisfied	Encouraged	Seen	Frazzled	Critical	Perturbed	Defeated	Grief	Separated
Secure	Excited	Significant	In a bind	Dismissive	Provoked	Dejected	Heartbroken	Somber
Settled	Expectant	Successful	Jumbled	Displeased	Raging	Depressed	Hurt	Sorrowful
Soothed	Felt	Thankful	Lost	Disrespected	Resentful	Deserted	Ignored	Tender
Stable	Free	Thrilled	Muddled	Distant	Ridiculed	Desolate	Isolated	Tenderhearted
Steady	Fulfilled	Tickled	Perplexed	Enraged	Ruffled	Detached	Judgmental	Unhappy
Supported	Full	Treasured	Puzzled	Explosive	Skeptical	Detestable	Left-out	Unheeded
Tender	Glad	Understood	Scattered	Fed Up	Steamed	Devastated	Lonely	Unwanted
Trusting	Grateful	Unfettered	Stunned	Frustrated	Ticked Off	Disappointed	Lonesome	Unwelcome
Unhurried	Gratified	Unguarded	Torn	Fuming	Violated	Disapproving	Lost	Victimized
Validated	Happy	Valued	Unfocused	Furious	Withdrawn	Disconnected	Lousy	Worn down
Unsettled			Hostile			Dismayed		
Peaceful	Joyful	Uncertain	Angry			Sad		
Surprised	Fearful	Ashamed	Disgusted	Hopeless				
Amazed	Afraid	Foreboding	Silenced	Alone	Inadequate	Contempt	Agony	
Astonished	Agitated	Frantic	Stressed	Apologetic	Inferior	Hateful	Anguish	
Awed	Alarmed	Frightened	Tense	Awkward	Insignificant	Icky	Demoralized	
Disillusioned	Anticipatory	Helpless	Terrified	Belittled	Invisible	Loathing	Despairing	
Dumbfounded	Anxious	Hesitant	Threatened	Chagrined	Mortified	Nauseated	Desperate	
Eager	Apprehensive	Horrorified	Uneasy	Clumsy	Not enough	Offended	Despondent	
Energetic	Avoidant	Insecure	Unprotected	Convicted	Powerless	Repelled	Discouraged	
Marveling	Careful	Nervous	Unsafe	Defiled	Regretful	Repulsed	Numb	
Shocked	Cautious	On edge	Vulnerable	Degraded	Rejected	Revolted	Resigned	
Startled	Defensive	Overwhelmed	Weak	Dirty	Remorseful	Sickened		
Stirred	Distressed	Panic Stricken	Worried	Embarrassed	Self-Conscious			
Stunned	Dread	Persecuted	Worthless	Excluded	Shame			
Wonder	Edgy	Petrified		Failure	Sorry			
	Exposed	Scared		Guilty	Too much			
				Humiliated	Uncomfortable			

Open the Vault

[Just now, Last week, In 6th grade] , when [the event that led to the emotion] happened, I felt [feeling #1] , [feeling #2] , and [feeling #3, etc.]

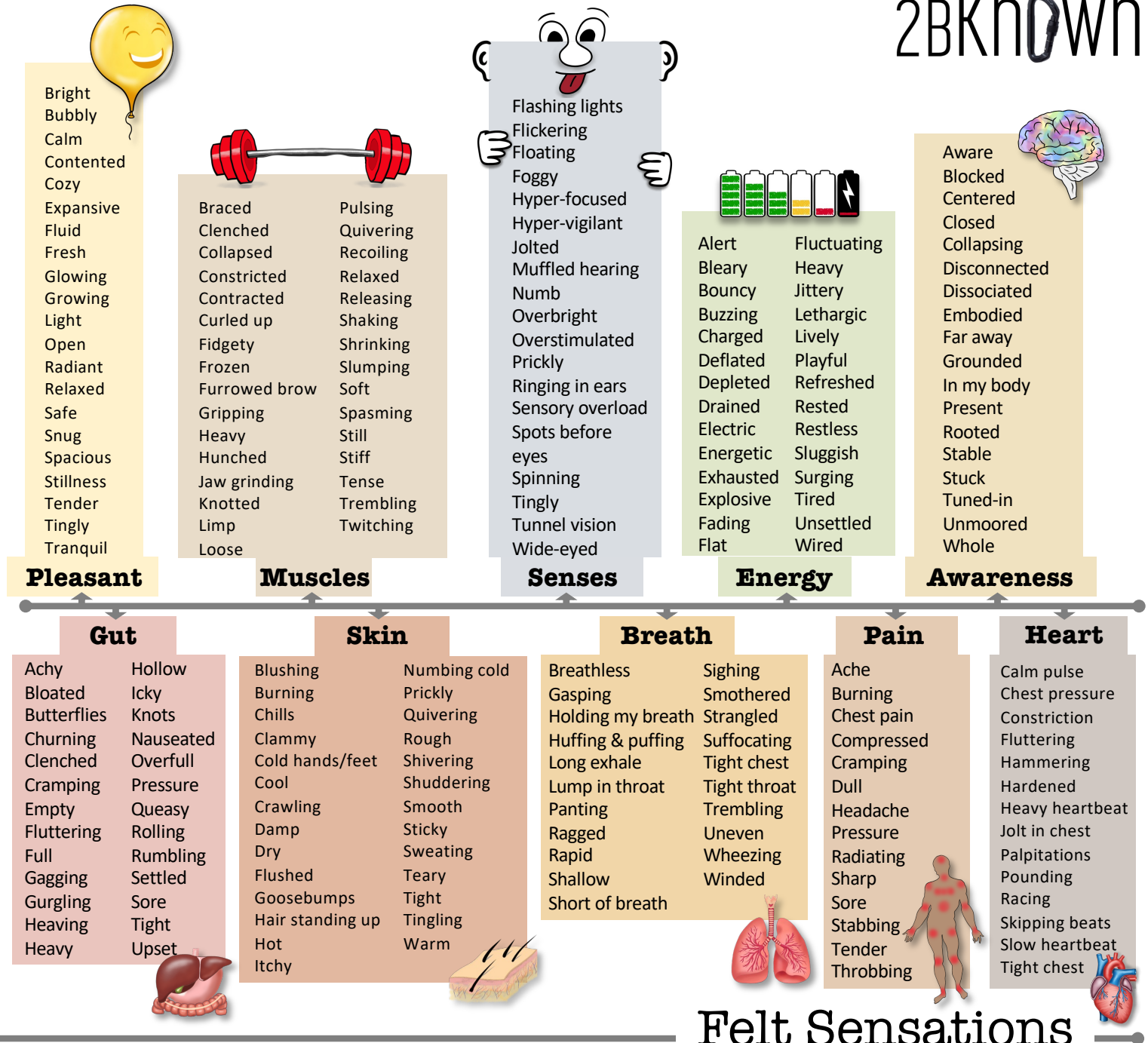
Feelings Vault

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Sender Tips

1. Sensations just are. I'm not wrong, immoral or defective to **feel and acknowledge** any of these sensations.
2. Close my eyes and **pay attention to the physical sensations** alerting me to **what I feel, not what I think**.
3. Notice and name **where in my body** I feel the sensations. How is my body feeling it?
4. Select the relevant words from this **Felt Sensations** page and **say them out loud**.
5. It's fine for me to have **varying sensations**. A part of me feels relaxed about ____, but then a part of me feels tight and jittery because ____.

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Felt Sensations

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