## Sender Tips

#### Connect with How I Feel

- 1. For now, set aside what I think and focus on how I feel.
- Feelings just are—they are data. I'm not wrong, defective, or immoral to feel or acknowledge them.
- 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.
- Notice if a feeling intensifies when I name it.

#### Share How I Feel

- 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.

Affirmed Accepted Heard Affirmed Calm Honored Cared for Alive Hopeful Comfortable Included Brave Comforted Celebrated Inspired Cheerful Content Known Curious Cherished Loved Prepared Confident Optimistic Protected Connected Playful Reassured Courageous Pleased Relaxed Creative Proud Relieved Delighted Refreshed Restful Ecstatic Respected Safe **Empowered Restored** Satisfied **Encouraged Seen** Secure Excited Significant Settled Expectant Successful Soothed Felt Thankful Stable Thrilled Free **Fulfilled** Tickled Steady Full Treasured Supported Tender Glad Understood Trusting Grateful Unfettered Gratified Unhurried Unguarded Validated Happy Valued Joyful Peaceful

**Ambivalent** Baffled Bewildered Chaotic Confused Curious Dazed Distracted Doubtful Flustered Fragmented Frazzled In a bind Jumbled Lost Muddled Perplexed Puzzled Scattered Stunned Torn Unfocused Unsettled Uncertain

**Indignant** Aggressive Annoyed Infuriated **Betrayed** Irate Bitter Irked **Bothered** Irritated Bristling Jealous Burned Up Let down Cheated Mad Disconnected Outraged Critical Perturbed Dismissive Provoked Displeased Raging Resentful Disrespected Ridiculed Distant Ruffled Enraged **Explosive** Skeptical Fed Up Steamed Frustrated Ticked Off **Fuming** Violated **Furious** Withdrawn Hostile Angry

Abandoned Dissatisfied Appalled Down Awful Downhearted Bittersweet **Empty** Blue Forsaken Compassionate Fragile Concerned Gloomy Crushed Glum Grieved Cut-off Defeated Grief Dejected Heartbroken Depressed Hurt Deserted Ignored Desolate Isolated Detached Judgmental Detestable Left-out Devastated Lonely Disappointed Lonesome Disapproving Lost Disconnected Lousy Dismayed Sad

Low Melancholy Mournful Neglected Out of place Outcast Pitv Remote Removed Separated Somber Sorrowful Tender **Tenderhearted** Unhappy Unheeded Unwanted Unwelcome Victimized Worn down

Hopeless

2BKnown

## Surprised

Amazed
Astonished
Awed
Disillusioned
Dumbfounded
Eager
Energetic
Marveling
Shocked
Startled
Stirred
Stunned

Wonder

# Fearful Afraid Foreboding

**Agitated** Frantic Stressed Alarmed Frightened Tense Anticipatory Helpless **Terrified** Anxious Hesitant Threatened Apprehensive Horrified Uneasy Avoidant Unprotected Insecure Careful Unsafe Nervous Vulnerable Cautious On edge Defensive Overwhelmed Weak Distressed Panic Stricken Worried Dread Persecuted Worthless Petrified Edgy

Scared

Silenced

### Ashamed

Alone Inadequate Inferior Apologetic Awkward Insignificant Invisible Belittled Mortified Chagrined Clumsy Not enough **Powerless** Convicted Defiled Regretful Rejected Degraded Remorseful Dirty **Self-Conscious Embarrassed** Excluded Shame Failure Sorry Too much Guilty Humiliated Uncomfortable

# Disgusted

Contempt Agony Hateful Anguish Icky Demoralized Despairing Loathing Nauseated Desperate Offended Despondent Repelled Discouraged Repulsed Numb Revolted Resigned Sickened

# Feelings Vault

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

Exposed

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# Sender Tips

- Sensations just are. I'm not wrong, immoral or defective to feel and acknowledge any of these sensations.
- 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?
- 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 iittery because



Safe

Snug

**Spacious** 

Stillness

Tender

Tranquil

Pleasant

Tingly

**Braced Pulsing** Clenched Quivering Collapsed Recoiling Constricted Relaxed Contracted Releasing Curled up Shaking **Shrinking Fidgety** Frozen Slumping Furrowed brow Soft Gripping **Spasming** Still Heavy Hunched Stiff Jaw grinding Tense Knotted Trembling **Twitching** Limp Loose

**Muscles** 

Flashing lights **Flickering** Floating Foggy Hyper-focused Hyper-vigilant Jolted Muffled hearing Numb Overbright Overstimulated Prickly Ringing in ears Sensory overload Spots before eyes Spinning Tingly Tunnel vision Wide-eyed

Senses

Alert **Fluctuating** Bleary Heavy **Jittery** Bouncy Lethargic Buzzing Lively Charged Deflated Playful Refreshed Depleted Drained Rested Electric Restless Energetic Sluggish Exhausted Surging Explosive Tired Unsettled Fading Wired Flat

2BKnown

Aware
Blocked

Aware Blocked Centered Closed Collapsing Disconnected Dissociated **Embodied** Far away Grounded In my body Present Rooted Stable Stuck Tuned-in Unmoored Whole

**Awareness** 

Energy

#### Gut

Achv Hollow **Bloated** Ickv Butterflies Knots Churning Nauseated Overfull Clenched Cramping Pressure Empty Queasy Fluttering Rolling Rumbling Full Settled Gagging Gurgling Sore Heaving **Tight** Heavy Upset

#### Skin

Blushing Numbing cold Burning Prickly Chills Quivering Clammy Rough Cold hands/feet Shivering Shuddering Cool Crawling Smooth Damp Sticky Dry **Sweating** Flushed Teary Goosebumps Tight Hair standing up Tingling Hot Warm Itchy

#### **Breath**

**Breathless** Sighing Gasping Smothered Holding my breath Strangled Huffing & puffing Suffocating Long exhale Tight chest Lump in throat Tight throat Trembling **Panting** Ragged Uneven Rapid Wheezing Shallow Winded Short of breath

#### Pain

Ache
Burning
Chest pain
Compressed
Cramping
Dull
Headache
Pressure
Radiating
Sharp
Sore
Stabbing
Tender
Throbbing

# Heart

Calm pulse
Chest pressure
Constriction
Fluttering
Hammering
Hardened
Heavy heartbeat
Jolt in chest
Palpitations
Pounding
Racing
Skipping beats
Slow heartbeat
Tight chest

# Felt Sensations

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