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.

Affirmed Accepted Affirmed Calm Cared for Alive Comfortable Brave Comforted Celebrated Inspired Cheerful Content Curious Cherished Prepared Confident Protected Connected Playful Reassured Courageous Pleased Relaxed Creative Relieved Delighted Restful Ecstatic Safe **Empowered Restored** Satisfied **Encouraged Seen** Secure Excited Settled Expectant Soothed Felt Stable Free **Fulfilled** Steady Full Supported Tender Glad Trusting Grateful Unhurried Gratified Validated Happy

Ambivalent Baffled Bewildered Chaotic Confused Optimistic Curious Dazed Distracted Doubtful Refreshed Flustered Respected Fragmented Frazzled In a bind Significant Jumbled Successful Lost Muddled Perplexed Puzzled Treasured Scattered Understood Stunned Unfettered Torn Unguarded Unfocused Unsettled Uncertain

Silenced

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Distant Ruffled Enraged **Explosive** Skeptical Fed Up Steamed Frustrated Ticked Off **Fuming** Violated **Furious** Withdrawn Hostile

Abandoned Appalled Awful Bittersweet Blue Compassionate Fragile Concerned Crushed Cut-off Defeated Dejected Depressed Deserted Desolate Detached Detestable Devastated Disappointed Disapproving Disconnected Dismayed

Dissatisfied Down Downhearted **Empty** Forsaken Gloomy Glum Grieved Grief Heartbroken Hurt Ignored Isolated Judgmental Left-out Lonely Lonesome Lost Lousy

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

Hopeless

2BKnown

Low

Peaceful

Joyful

Heard

Honored

Hopeful

Included

Known

Loved

Proud

Thankful

Thrilled

Tickled

Valued

Angry

Sad

Surprised

Amazed Astonished Awed Disillusioned Eager Energetic

Dumbfounded Marveling Shocked Startled Stirred Stunned Wonder

Fearful Foreboding

Afraid **Agitated** Alarmed Anticipatory Anxious Avoidant Careful Cautious Defensive Distressed Dread

Edgy

Frantic Stressed Frightened Tense Helpless **Terrified** Hesitant **Threatened** Apprehensive Horrified Uneasy Unprotected Insecure Unsafe Nervous Vulnerable On edge Overwhelmed Weak Panic Stricken Worried Persecuted Worthless Petrified Exposed Scared

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

Icky

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

Feelings Vault

Open the Vault

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



Sickened

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 iittery because

2BKnown Alert

Calm Contented

Cozy Expansive

Bright

Bubbly

Fluid Fresh

Glowing Growing Light

Open Radiant

Relaxed Safe

Snug **Spacious**

Stillness Tender Tingly

Tranquil

Pleasant

Affirmed Alive Brave

Clenched Constricted Curled up

Furrowed brow Urge to fight

Impulsive

Accepted Jaw grinding Limp Loose Recoiling

Celebrated Cheerful

Slumping Still Tense

Fidgety Frozen

Heavy

Attuned Aware Blurred vision

Faint Foggy Hyper-focused

Hyper-vigilant Jolted

Muffled hearing Present

Ringing in ears Sensory overload Tunnel vision

Waves of Wide-eved

Senses

Bleary Bouncy Buzzing

Deflated Depleted

Energetic Exhausted Explosive

Fading **Jittery**

Lethargic Lively

Numb Plavful

Refreshed Rested

Restless

Surging **Tingling** Tired

Energy

Blocked Centered Closed

Collapsing Disconnected

Dissociated Dizzy

Floating Grounded

Lightheaded

Rooted Sinking

Spinning Stable

Stuck Unmoored Whole

Awareness

Gut

Butterflies Churning

Empty Gagging

Hollow Icky

Knots Nauseated Queasy

Settled Stomach drop

Uncomfortable

Skin

Shaking

Trapped

Muscles

Trembling

Urge to flee

Shrinking

Blushing Prickly Chills Quivering Clammy Shivering Cold hands/feet Shuddering Flushed Crawling

Warmth

Goosebumps **Sweating** Hair standing up Tearv

Hot Itchy

Breath

Gasping Hard to breathe Holding my breath

Huffing and puffing Lump in throat **Panting** Rapid

Shallow Sighing Smothered

Strangled Suffocating Tight throat

Ache Chest pain Compressed Cramping Dull

Headache Pressure Sharp

Pain

Sore Stabbing pain

Heart

Calm pulse Constriction **Fluttering** Hardened Pounding

Racing Palpitat Tight chest



Felt Sensations —