

## 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.

2Bknown

Affirmed  
Calm  
Cared for  
Comfortable  
Comforted  
Content  
Curious  
Prepared  
Protected  
Reassured  
Relaxed  
Relieved  
Restful  
Safe  
Satisfied  
Secure  
Settled  
Soothed  
Stable  
Steady  
Supported  
Tender  
Trusting  
Unhurried  
Validated

Accepted  
Affirmed  
Alive  
Brave  
Celebrated  
Cheerful  
Cherished  
Confident  
Connected  
Courageous  
Creative  
Delighted  
Ecstatic  
Empowered  
Encouraged  
Excited  
Expectant  
Felt  
Free  
Fulfilled  
Full  
Glad  
Grateful  
Gratified  
Happy

Heard  
Honored  
Hopeful  
Included  
Inspired  
Known  
Loved  
Optimistic  
Playful  
Pleased  
Proud  
Refreshed  
Respected  
Restored  
Seen  
Significant  
Successful  
Thankful  
Thrilled  
Tickled  
Treasured  
Understood  
Unfettered  
Unguarded  
Valued

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

Aggressive  
Annoyed  
Betrayed  
Bitter  
Bothered  
Bristling  
Burned Up  
Cheated  
Disconnected  
Critical  
Dismissive  
Displeased  
Disrespected  
Distant  
Enraged  
Explosive  
Fed Up  
Frustrated  
Fuming  
Furious  
Hostile

Indignant  
Infuriated  
Irate  
Irked  
Irritated  
Jealous  
Let down  
Mad  
Outraged  
Perturbed  
Provoked  
Raging  
Resentful  
Ridiculed  
Ruffled  
Skeptical  
Steamed  
Ticked Off  
Violated  
Withdrawn

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

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

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

Peaceful

Joyful

Uncertain

Angry

Sad

Surprised

Fearful

Ashamed

Disgusted

Hopeless

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

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

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

Contempt  
Hateful  
Icky  
Loathing  
Nauseated  
Offended  
Repelled  
Repulsed  
Revolted  
Sickened

Agony  
Anguish  
Demoralized  
Despairing  
Desperate  
Despondent  
Discouraged  
Numb  
Resigned

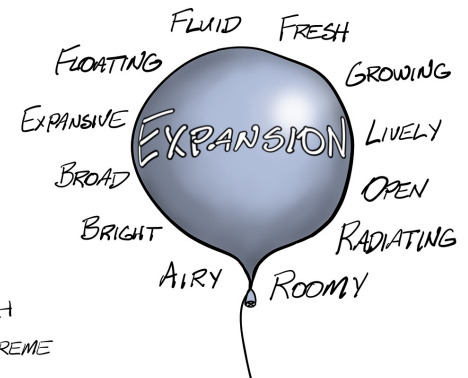
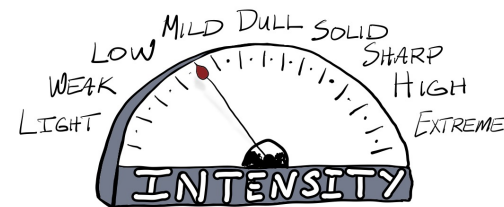
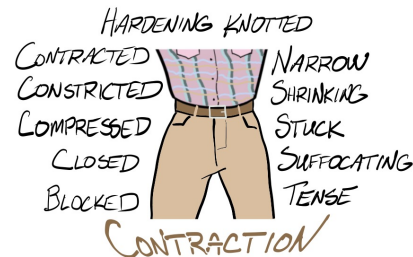
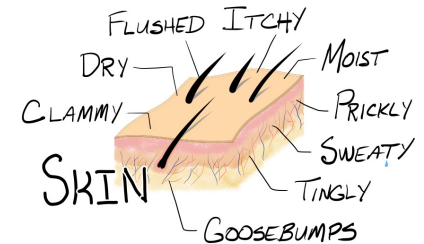
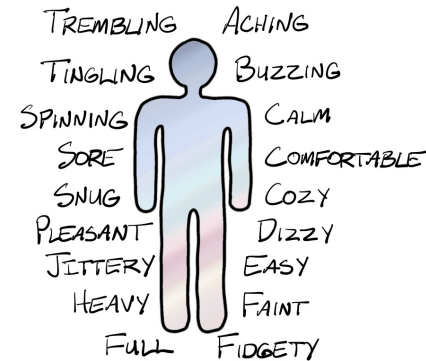
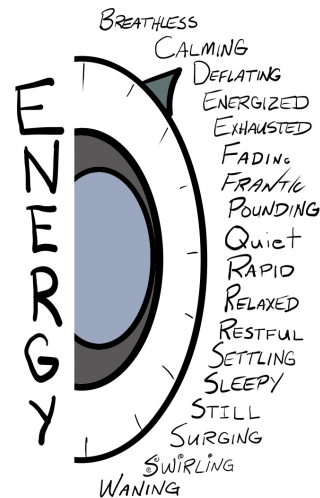
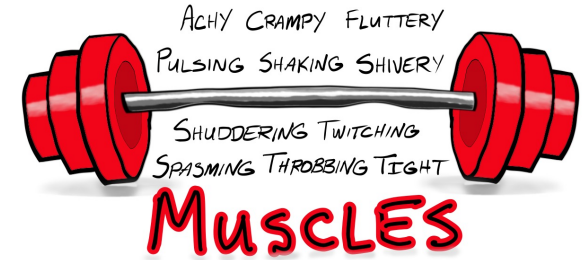
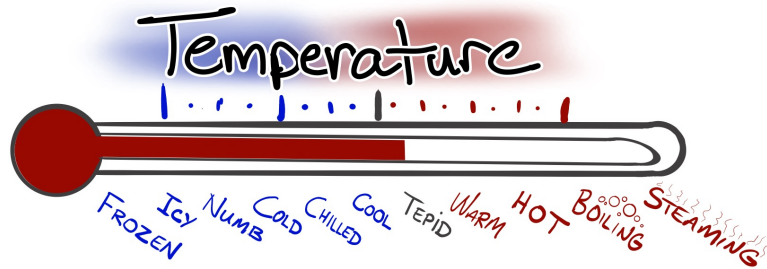
Open the Vault

[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.].

Feelings Vault

## 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 \_\_\_\_.



## Felt Sensations