

## Physiological Sensations

Heart rate – fast, slow

Breath – slow, long, relaxed, fast, short; coming from throat, chest, lower belly

Eyes – relaxed, tense, hard, soft, clear vision, blurred vision, cool, warm, hot, vigilant

Skin – warm, hot, cold, clammy, neutral

Body – peaceful, calm, relaxed, quiet, alive, energized, painful, achy, tight, fatigued, agitated, anxious, sweaty, numb (arms, legs, fingers), goose bumps, pains in chest, dizzy, disoriented

Head – open, light, spacious, tight, constricted, headachy

Throat – constricted, dry, lump in throat; open, relaxed

Legs – strong, firm, grounded, wobbly, weak in the knees

Stomach sensations – peaceful, calm, nauseous, butterflies, knot in stomach

Face (jaws) – tight, tense, relaxed, soft, blushing

Shoulders/neck – tight, tense, stiff, painful, relaxed, soft, pliable

Back – tight, sore, painful, stiff; contracted, relaxed, pliable, flexible

Arms – relaxed, “rag-dollish,” loose, tense, braced, stiff

## VOCABULARY OF FEELINGS

Whenever you are feeling alienated from yourself and others (or otherwise experiencing a negative emotion you don't understand), this list may help you pinpoint your feeling, and thus make it easier to express. Even just being able to identify your feelings is a powerful step in regaining a sense of control and centeredness.

<u>HAPPY</u>	<u>SAD</u>	<u>ANGRY</u>	<u>SCARED</u>	<u>CONFUSED</u>
Excited	Devastated	Strangled	Fearful	Bewildered
Elated	Hopeless	Furious	Panicky	Trapped
Exuberant	Sorrowful	Seething	Afraid	Immobilized
Ecstatic	Depressed	Enraged	Shocked	Directionless
Terrific	Wounded	Hostile	Overwhelmed	Stagnant
Jubilant	Drained	Vengeful	Intimidated	Flustered
Energized	Defeated	Incensed	Desperate	Baffled
Enthusiastic	Exhausted	Abused	Frantic	Constricted
Loved	Helpless	Humiliated	Terrified	Troubled
Thrilled	Crushed	Hateful	Vulnerable	Ambivalent
Marvelous	Uncared For	Sabotaged	Horrified	Awkward
Justified	Dejected	Betrayed	Petrified	Puzzled
Resolved	Rejected	Repulsed	Appalled	Disorganized
Valued	Humbled	Rebellious	Dread-full	Foggy
Gratified	Empty	Pissed Off	Tormented	Perplexed
Encouraged	Miserable	Outraged	Tense	Hesitant
Optimistic	Distraught	Fuming	Threatened	Torn
Joyful	Deserted	Exploited	Uneasy	Misunderstood
Proud	Grievous	Throttled	Defensive	Doubtful
Cheerful	Burdened	Mad	Insecure	Bothered
Relieved	Demoralized	Spiteful	Skeptical	Undecided
Assured	Condemned	Patronized	Apprehensive	Uncomfortable
<i>Assured</i>	Terrible	Vindictive	Suspicious	Uncertain
Determined	Unwanted	Used	Alarmed	Surprised
Grateful	Unloved	Repulsed	Shaken	Unsettled
Appreciated	Moumful	Ridiculed	Swamped	Unsure
Confident	Pitiful	Resentful	Startled	Distracted
Respected	Discarded	Disgusted	Guarded	
Admired	Disgraced	Smothered	Stunned	
Delighted	Disheartened	Frustrated	Awed	
Alive	Disheatedened	Stifled	Reluctant	
Fulfilled	Despised	Offended	Anxious	
Tranquil	Disappointed	Displeased	Inpatient	
Content	Upset	Controlled	Shy	
Relaxed	Inadequate	Peeved	Nervous	
Glad	Dismal	Annoyed	Unsure	
Satisfied	Dismal	Agitated	Timid	
Peaceful	Unappreciated	Irritated	Concerned	
Hopeful	Discouraged	Exasperated	Perplexed	
Fortunate	Ashamed	Harassed	Doubtful	
Pleased	Distressed	Anguished	Helpless	
Flattered	Distant	Deceived	Constricted	
Acknowledged	Disillusioned	Aggravated	Disabled	
Loving	Lonely	Perturbed		
Understood	Neglected	Provoked		
	Isolated	Dominated		
	Alienated	Coerced		
	Regretful	Cheated		
	Resigned	Uptight		
	Drained	Suppressed		
		Bored		