

# AWARENESS of FEELINGS

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Feelings are our barometers to tell us whether our needs are being met or not. If you are experiencing pleasurable feelings (e.g. joy, relieved, calm), our present need is being met. If we are experiencing painful feelings (e.g. disappointment, frustration, sadness), our present need is not being met.

As long as we are alive, we are always experiencing feelings, regardless of whether we are aware of them or not. Our feelings are dynamic, often changing every few seconds. By training ourselves to be more mindful of our feelings and their differences, we gain a greater understanding of and connection with ourselves.

## FEELINGS WHEN NEEDS ARE MET

### CONFIDENT

Empowered  
Open  
Proud  
Safe

### HAPPY

Delighted  
Excited  
Glad  
Happy  
Joyful  
Pleased

### ENGAGED

Alert  
Curious  
Engrossed  
Gratitude  
Interested  
Involved

### HOPEFUL

Expectant  
Encouraged  
Optimistic

### EXCITED

Amazed  
Astonished  
Enthusiastic  
Passionate  
Surprised

### LOVING

Compassionate  
Friendly  
Loving  
Sympathetic  
Warm

### GRATEFUL

Appreciative  
Moved  
Thankful  
Touched

### PEACEFUL

Calm  
Centered  
Content  
Quiet  
Relaxed Satisfied  
Trusting

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## FEELINGS WHEN NEEDS ARE NOT MET

### AFRAID

Apprehensive  
Frightened  
Mistrustful  
Panicked  
Scared  
Terrified  
Worried

### ANNOYED

Dismayed  
Displeased  
Frustrated  
Impatient  
Irritation

### ANGRY

Agitated  
Bitter  
Enraged  
Furious  
Irritated  
Mad  
Resentful

### CONFUSED

Ambivalent  
Bewildered  
Conflicted  
Perplexed  
Torn  
Troubled  
Uneasy

### EMBARRASSED

Ashamed  
Flustered  
Guilty  
Mortified  
Self-conscious

### SAD

Depressed  
Discouraged  
Heavy hearted  
Hopeless  
Gloomy

### TIRED

Beat  
Burnt out  
Exhausted  
Weary  
Worn out

### VULNERABLE

Fragile  
Guarded  
Helpless  
Insecure  
Sensitive  
Shaky

## FEELING VERSUS THOUGHTS

Authentic feelings emanate from the heart—they express vulnerability. Our language, however, enables us to use the word “feel” when we are actually expressing thoughts, not feelings. For example:

“I feel like you aren’t telling the truth.” (thought)  
Translated: “I think you aren’t telling the truth.”

“I feel inadequate to raise my children.” (thought about ourselves)  
Translated: “I think I am inadequate to raise my children.”

“I feel abandoned.” (thought about what others are doing to us)  
Translation: “I think that you have abandoned me.”

Other examples of thoughts that sound like feelings:

- Betrayed
- Disrespected
- Insulted
- Neglected
- Manipulated
- Misunderstood
- Unappreciated
- Violated