

## Feelings – Sensations – Actions List

<b>Accepting:</b>	Bitter	Fulfilled	Teary	<b>Focused</b>	Burned out
Calm	Contempt	Present	Unhappy	Alert	Cranky
Centered	Cynical	Safe	Upset	Aware	Depleted
Content	Disdain	Warm	Weary	Confident	Edgy
Fulfilled	Disgruntled	Worthy	Yearning	On point	Exhausted
Patient	Disturbed			Present	Frazzled
Peaceful	Edgy	<b>Courageous /</b>	<b>Disconnected /</b>	Quick	Mobilized
Present	Exasperated	<b>Powerful</b>	<b>Numb:</b>	Ready	Overwhelm
Relaxed	Frustrated	Adventurous	Aloof	Sharp	Rattled
Serene	Furious	Brave	Bored		Rejecting
Trusting	Grouchy	Capable	Confused	<b>Fragile</b>	Restless
Vulnerable	Hostile	Confident	Distant	Helpless	Shaken
	Impatient	Daring	Empty	Sensitive	Suspenseful
<b>Aliveness /</b>	Intolerant	Determined	Indifferent		Tense
<b>Joy:</b>	Irritated	Free	Isolated	<b>Grateful</b>	Tight
Alert	Irate	Grounded	Lethargic	Appreciative	Weary
Amazed	Moody	Proud	Listless	Blessed	Worn out
Awe	On edge	Strong	Removed	Delighted	
Bliss	Outraged	“Top of my	Resistant	Fortunate	<b>Tender</b>
Delighted	Pissed	game”	Shut Down	Grace	Calm
Eager	Resentful	Worthy	Uneasy	Humbled	Caring
Ecstatic	Upset	Valiant	Withdrawn	Lucky	Loving
Enchanted	Vindictive			Moved	Reflective
Energized	Warlike	<b>Curious</b>	<b>Embarrassed</b>	Thankful	Self-loving
Engaged	Wronged	Engaged	<b>/ Shame</b>	Touched	Serene
Enthusiastic		Exploring	Ashamed		Vulnerable
Excited	<b>Attractive /</b>	Fascinated	Humiliated	<b>Guilt</b>	Warm
Free	<b>Special</b>	Interested	Inhibited	Regret	
Happy	Confident	Intrigued	Mortified	Remorseful	<b>Unsettled /</b>
Inspired	Empowered	Involved	Self-conscious	Sorry	<b>Doubt</b>
Invigorated	Fertile	Stimulated	Useless		Apprehensive
Lively	Handsome		Weak	<b>Hopeful</b>	Concerned
Passionate	Pretty	<b>Despair / Sad</b>	Worthless	Encouraged	Dissatisfied
Playful	Prized	Anguish		Expectant	Disturbed
Quick	Special	Depressed	<b>Fear</b>	Optimistic	Grouchy
Radiant	Sexy	Despondent	Afraid	Trusting	Hesitant
Refreshed	Virile	Disappointed	Anxious		Inhibited
Rejuvenated	Witty	Discouraged	Apprehensive	<b>Powerless</b>	Perplexed
Renewed	Worthy	Forlorn	Frightened	Helpless	Questioning
Satisfied		Gloomy	Hesitant	Impotent	Rejecting
Thrilled	<b>Connected /</b>	Grief	Nervous	Incapable	Reluctant
Vibrant	<b>Loving</b>	Heartbroken	Panic	Resigned	Shocked
	Accepting	Hopeless	Paralyzed	Trapped	Skeptical
<b>Angry /</b>	Affectionate	Lonely	Scared	Victimized	Suspicious
<b>Annoyed:</b>	Caring	Longing	Terrified		Ungrounded
Agitated	Compassion	Melancholy	Worried	<b>Stressed /</b>	Unsure
Aggravated	Empathy	Sorrow		<b>Fatigued</b>	Worried
				Anxious	

## Body Sensations

Achy	Conscious	Grounded	Loose	Sensing	Strength
Airy	Cozy	Hard	Magnetic	Sensitive	Suffocated
Aroused	Dizzy	Heart-	Mindful	Settled	Sunny
Aware	Drained	pounding	Mindless	Shaky	Sweaty
“Beat Up”	Drunk	Heavy	Nauseous	Shivery	Tearful
Blocked	Dry	Hollow	Numb	“Short-of-	Tender
Breathless	Dull	Horny	Out-of-body	breath”	Tense
Bruised	Earthy	Hot	Pain	Sleepy	Throbbing
“Butterflies-	Electric	Hungry	Pounding	Slow	Tight
in-Stomach”	Empty	Icy	Power	Small	Tingling
Burning	Expanded	In-synch	Present	Smooth	Transcendent
Buzzy	Flat	“In the zone”	Prickly	Soft	Trembly
Calm	Flowing	Invisible	Pulsing	Sore	Trippy
Clammy	Fluid	Itchy	Queasy	Spacey	Twitchy
Clenched	Fluttery	Jittery	Radiating	Spacious	Vibrating
Cold	Free Flowing	Jumpy	Randy	Sparkly	Warm
Constricted	Frozen	Knotted	Relaxed	Speedy	Wobbly
Contained	Full	Lethargic	Releasing	Stiff	Wooden
Contracted	Gentle	Light	Rigid	Still	“Zombie-like”

## Actions and Behaviors

Accepting	Dancing/moving	Listening	Self-abuse
“Adulging”	Dating	Meditating	Self-care
Asserting yourself	Doing shallow/	Nature/outdoor	Setting boundaries
Being punctual	busywork	activities	Sex
Being late	Doing deep/	Nesting	Shopping
“Being my best self”	meaningful work	Obsessing	Showing
Binging/eating	Drinking/drugging/	Online news/ media	compassion
comfort food	smoking	Pacing, restless	Showing love
Budgeting	Email	Pampering myself	Social media
Catastrophizing	Entertaining	Partying, having fun	Solitude
Cleaning	Hiding	Planning	Speaking up
Close or heart-to-	Hugging/holding	Playing	Spending
heart talk	Gardening/	Pounding /hitting/	Stressing out
Cooking / prepping	Landscaping	kicking	“Taking care of
food	Giving up	Political Action	business”
Comforting	Isolating	Praying	Talkative
someone	Exercising	Reading	Traveling/Touring
Crafts and arts	“Getting	Resting	“Vegging out”
Creating/ imagining	emotionally	Researching/	Watching art or
Criticizing	hooked”	looking things up	performances
Cursing	Letting things go	“Rushing around”	Working