

Feelings for the Fridge

Get Curious, Not Furious...

Honor your feelings without hurting yourself or others.

Acknowledge good and bad feelings in healthy ways. What is your body doing?

Get curious: What feelings are happening and why?

Aggressive		Hurt
Angry (Is there sadness there, too?)		Indifferent (Are you sure?)
Anxious (Is there pain there too?)		Interested
Ashamed (What are you telling yourself?)		Jealous
Bored		Joyful
Cautious	<i>Claim it to calm it</i>	Lonely
Confident		Loved
Confused		Loving
Curious		Miserable
Creative		Optimistic
Defensive (Is there sadness there too?)	Overwhelmed (Usually means you have a combination of feelings. What are they?)	
Depressed		Playful
Determined		Rage (Is there helplessness too?)
Disappointed		Regretful
Disbelieving		Relieved
Disgusted		Sad
Embarrassed		Satisfied
Enthusiastic		Self-Righteous (Is there hurt too?)
Envious		Shocked
Exasperated		Shy
Exhausted		Smug
Excited		Sorry
Fearful (Is the fear helpful or not?)		Stubborn
Frightened		Stupid
Frustrated		Surprised
Grateful		Suspicious
Guilty		Thoughtful
Happy		Triumphant
Helpless		Withdrawn
Hopeful		

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I help moms who lose their temper at TemperCoaching.com

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