

Feelings for the Fridge

Get curious: What feelings are happening and why?
Respond to them in healthy, helpful ways.

Brave	Flexible	Playful
Calm	Frustrated	Regretful
Comfortable	Grateful	Relieved
Competent	Guilty	Sad
Confident	Happy	Safe
Confused	Hopeful	Satisfied
Curious	Hurt	Scared
Creative	Interested	Sensitive
Determined	Jealous	Shocked
Disappointed	Joyful	Skeptical
Disbelieving	Lonely	Sorry
Disgusted	Loved	Strong
Embarrassed	Loving	Successful
Enthusiastic	Nervous	Surprised
Exhausted	Optimistic	Thankful
Excited		Thoughtful

Angry (Is there sadness there, too?)

Anxious (Is there hurt there too?)

Ashamed (Is there distrust too?)

Overwhelmed (Usually means you have a combination of feelings. What are they?)

Rage (Is there helplessness too?)

Self-Righteous (Is there hurt too?)

Stressed Out (What other feelings too?)

Defensive (Is there sadness there too?)

Fearful (Is the fear helpful or not?)

Don't Care (Are you sure?)

Feel Your Feelings

Many people feel emotions in similar ways.

Sadness: Lump in the throat, heaviness in chest.

Anger: heat in the head, tension at the base of the skull. Tight chest and fists.

Fear, scared: Upset stomach, tension in gluts (butt muscles). Tight chest. Tingling in head.

Happiness: Warmth in the chest, tingling in spine, breathe easier.

Nervous, worry: upset stomach, tight chest.

Love: Warmth in the chest. Tingling.

Rage, helplessness: Tight jaw, tight fists.

Shame: heat in the face, heaviness in the chest.

Confidence: Tingling in the head and arms. Breathe easier.

What do your feelings feel like to you?

Feelings are OK

To help you feel your feelings in a healthy way,
try this simple trick.

Instead of saying,
"I'm angry," or "I'm stressed out,"

Try this:

"I'm **feeling** angry"

or

"I'm **feeling** stressed out"

Then tell yourself:

**"I'm safe, and I can handle this feeling in
a healthy way."**

Celebrate!



Celebrate little wins in healthy ways.

This may seem silly at first, but it's important (it's one of the keys to breaking the habit).

Give yourself a pat on the back.

Name the good feelings.

Feel it in your body. How do you feel?

Do a little dance.

Put on your favorite song.

You're doing it!